

JANUARY | FEBRUARY | MARCH 2023

The Messenger

LYNNWOOD SENIOR CENTER



Chinese History: The Tang Dynasty p6

Random Acts of Kindness Trip p10

Skagit River Eagle Float Tour p11

LSC Information

The Lynnwood Senior Center engages older adults in health, wellness, social and recreational opportunities.

19000 44th Ave W | Lynnwood, WA 98036 | (425) 670-5050 | PlayLynnwood.com | Monday–Friday 8:30am–3:00pm



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LSC Foundation

Board Officers

Sydney Hoard: Chair

Terry Strausser: Treasurer

Jennifer Dennis: Secretary

Whitney Stohr: Board Member

David Quarders: Board Member

The Foundation is seeking Board members. Please stop in or call LSC for an application.



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!

Registration for trips is by lottery at LSC on designated sign-up dates. Numbers may be picked up at the front desk between 9:00am and 9:30am, with registration starting at 9:30am. 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 9:30am will be taken in list order. Telephone registration with credit card begins when the lottery ends.

Activity, trip itinerary and times may change due to weather, traffic or other unforeseen events.

In Memoriam

Nancy Hooks, May
Nancy Coulson, Aug

Norm Chamberlain, Sep
Ron Sailer, Nov
Hazel Shaw, Dec



Cancellation Policies

Registration for activities without an (*) may be withdrawn for credit up to three business days prior to departure.

* All trips include a \$6 non-refundable deposit.

* 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** Overnight trips may be withdrawn for credit up to 30 days prior to departure.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+ or persons with disability. *Please see Mary-Anne Grafton or call 425-670-5051.*

Nondiscrimination 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 disability.

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 canceled. 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 canceled.

Updates: In the case of delay or cancellation, LSC's voicemail will be updated with current information.

LSC Membership \$35/12 months | **LSC Associate Membership Age 61 & Under** \$35/12 months

Services + Events/Presentations

Services



Mary-Anne's Message

Happy New Year! This one is full of promise with more of you coming back to the Center and with more things for you to do. I need to let you know that it's time for us to raise some rates. Membership is moving to \$35 for twelve months. Free activities remain no-cost, and registration fees increased modestly for members. This isn't a fun thing for me to do and I genuinely appreciate your understanding of the necessity. Ending on a bright

note — Eric Christensen is returning to us as a Trip Leader. You'll get to see his remarkable talent and spirit on Outdoor Rec snow trips this winter. We're going to have a great year.

Yours,
Mary-Anne



What to Know About Services

As part of Washington State ending the mask mandate, they continue to be required for health-related visits. Please wear a mask for Foot Care.

Blood Pressure Checks

Look for our Blood Pressure volunteer weekly on Wednesdays in the LSC lobby.

Wednesdays 12-1pm Free

Provider: Chin Zimonyi

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.

Mondays 9am-1pm \$30/\$36 NM

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. Call LSC to schedule your 1 hour appointment.

44496 Thu Jan 19 12-3pm Free

44497 Thu Feb 16 12-3pm Free

44498 Thu Mar 16 12-3pm Free

Provider: Laura Ballard

Events

Presentations

----- Pre-registration is required for all events. -----

Birthday Celebration Luncheon

Come join us for birthday lunch and some musical entertainment to celebrate birthdays in January, February, and March.

44280 Fri Feb 17 12-1:30pm \$5/\$10 NM

Cheese Lovers Day

Come celebrate International Cheese Lover's Day with LSC! Is this your first chance to observe this special day? Bring cheese, share cheese, eat cheese, and revel in this most auspicious holiday with some "grate" food. We're going to have some cheesy good fun.

44279 Fri Jan 20 12-2pm \$4/\$9 NM

Meet the Mayor Root Beer Social Event

Join Lynnwood's Mayor for an hour of conversation and root beer floats. Learn about the latest goings-on in Lynnwood and Snohomish County.

44281 Wed Feb 22 2-2:45pm Free

Dementia Planning Presentation

Is there a history of dementia in your family? Perhaps you have questions about preparing for yourself or a loved one. Join us to find out what dementia planning entails and why it's important. We'll welcome Washington State Pro Bono Council members with their experience helping people through the agency's Dementia Legal Planning Project.

44278 Fri Jan 13 11:30am-12:45pm Free

Pi Day Celebration

William L. Schaaf said "Probably no symbol in mathematics has evoked as much mystery, romanticism, misconception and human interest as the number pi." What is pi and how did we figure out this magic ratio? Come learn about the history and uses of the numerical value pi--over some pie--with a presentation by mathematician Elliott Jacksch.

44282 Tue Mar 14 12-2pm Free

Fitness



What to Know About Fitness Classes

LSC Fitness classes are in-person with some online hybrid options. Masks are no longer required, but optional. Please wear a mask if you prefer.

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. Eligible members of Kaiser WA may participate in Enhance classes for free. Please fill-out an application at LSC prior to attending class.

62 + Pilates: Advanced Core Strength & Flexibility ★

This advanced class is done entirely on the floor. Exercises continue to grow in complexity and students are challenged. Prerequisites for this class are Pilates Intermediate and Instructor's approval. You must be able to get up and down on the floor. Bring a towel and Pilates mat to class.

Lite Enhance Fitness ★

This is a gently paced cardiovascular workout focused on flexibility, balance, and strength. Exercise may be in seated or standing positions.

43708	Tue, Thu Jan 3-31 10-11am \$36/\$54 NM
43709	Tue, Thu Feb 2-28 10-11am \$32/\$48 NM
43710	Tue, Thu Mar 2-30 10-11am \$36/\$54 NM

Instructor: Valeriano Frank Mateo
Location: LSC 1 & 2

Enhance Fitness ★

Engage in a moderate workout focused on cardio, flexibility, balance, and strength. This is an intermediate level class, designed for both seated and standing positions.

43647	M, W, F Jan 4-30 11:10am-12:10pm \$44/\$66 NM
43645	M, W, F Feb 1-27 11:10am-12:10pm \$44/\$66 NM
43646	M, W, F Mar 1-31 11:10am-12:10pm \$56/\$84 NM

Instructor: Debby Grant & Valeriano Frank Mateo
Location: Recreation Center, Fitness Studio

43715	Wed Jan 4-25 12:30-1:20pm \$32/\$40 NM
43711	Wed Feb 1-22 12:30-1:20pm \$32/\$40 NM
43716	Wed Mar 1-29 12:30-1:20pm \$40/\$50 NM

Instructor: Angela Dismuke
Location: LSC 2

★ Hybrid fitness classes meeting in-person have an online option via Zoom. Need help with Zoom? Give us a call.



62 + Pilates: Beginner/ Intermediate

This introductory class is done seated, on the floor, or both (depending on ability.) You will become familiar with and understand the terminology and basic principles and learn to complete the beginning exercises with little assistance from the instructor. Exercises start to increase in complexity. This class is suitable for everyone. Bring a towel and Pilates mat to class.

43712	Wed Jan 4-25 11:30am-12:20pm \$32/\$40 NM
43713	Wed Feb 1-22 11:30am-12:20pm \$32/\$40 NM
43714	Wed Mar 1-29 11:30am-12:20pm \$40/\$50 NM

Instructor: Angela Dismuke
Location: LSC 2

Beginning Tai Chi

Tai Chi is a form of martial arts that is practiced for its health benefits. Scientific studies show that it helps chronic conditions such as arthritis, heart disease, and diabetes. It also improves balance, prevents falls, reduces stress, and boosts immunity. Tai chi is an enjoyable form of exercise that people of any age can learn and practice. This series will explore the Sun style. New and continuing learners are welcome.

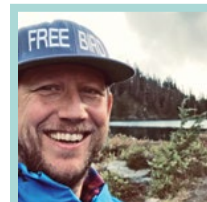
43801	Mon, Wed Jan 4-25 11-11:50am \$42/\$56 NM
43803	Mon, Wed Feb 1-22 11-11:50am \$42/\$56 NM
43802	Mon, Wed Mar 1-29 11-11:50am \$54/\$72 NM

Instructor: Marie-Lou Andresen
Location: Recreation Center, Room 102

Eric's Message

Eric is a northwest native adventurer, a lifelong dreamer, seeker and lover. He has guided rafting trips in the Majes valley of Peru, guided snorkel adventures off the coast of Maui, trekked the Andes mountains, co-owned an outdoor adventure company specializing in trips for seniors, climbed most mountains in Washington, lead a bicycle trip from Alaska to Baja Mexico, has lived on a sailboat, recently hiked Cascade Pass

Marblemount to Stehekin with his partner, and is currently planning a motorcycle trip in Patagonia. Eric resides in Bellingham with his partner, and their 4 combined children, who inspire him to get outside and chase adventures.



Eric Christensen,
Trip Leader

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.

43806	Tue, Thu Jan 3-26 9-9:50am \$48/\$64 NM
43807	Tue, Thu Feb 2-28 9-9:50am \$48/\$64 NM
43809	Tue, Thu Mar 2-30 9-9:50am \$54/\$72 NM

Instructor: Marie-Lou Andresen
Location: LSC 2

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.

43630	Tue, Thu Jan 3-31 1-2pm \$30/\$35 NM
43629	Tue, Thu Feb 2-28 1-2pm \$30/\$35 NM
43628	Tue, Thu Mar 2-30 1-2pm \$37/\$42 NM

Instructor: Melissa Olson
Location: Recreation Center, Room 102



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!

43820	Tue, Thu Jan 3-31 9-10am \$54/\$72 NM
43821	Tue, Thu Feb 2-28 9-10am \$48/\$64 NM
43819	Tue, Thu Mar 2-30 9-10am \$54/\$72 NM

Instructor: Joan Harrison
Location: Recreation Center, Fitness Studio

Classes & Activities



Coloring Club

Coloring has been shown to improve focus, reduce anxiety, and relieve stress. Whether you're looking to get back into a form of art or just a nice way to relax and spend time with friends, Coloring Club is your new opportunity. Coloring books and pages for adults, pencils, pens, and markers are supplied.

44459	Tue Jan 3-31 11am-12:30pm Free/\$10 NM
44461	Tue Feb 7-28 11am-12:30pm Free/\$10 NM
44463	Tue Mar 7-28 11am-12:30pm Free/\$10 NM

Facilitator: Pat Albert

NEW DIY: Iris Folded Cards

Just in time for Spring, learn how to create handmade cards with strips of folded paper arranged in a pattern that resembles colorful pieces of art. Supplies included. Pre-registration required.

44525	Fri Mar 3 12:30-2:30pm \$10/\$16 NM
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Instructors: Shelley Coster & Margie Barnard

Drawing and Painting Techniques for All Artists

You'll learn the fundamentals of drawing and painting using a variety of pencils, graphite and watercolors. A few simple exercises will help you build confidence in your ability to plan and draw a picture. New and returning students welcome.

44499	Thu Jan 19-26 12:30-2:30pm \$12/\$16 NM
44501	Thu Feb 2-23 12:30-2:30pm \$24/\$32 NM
44500	Thu Mar 2-30 12:30-2:30pm \$30/\$40 NM

Instructor: Donella M Robbins

Flower Arranging

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 to take home your arrangement.

44478	Wed Jan 4-25 9:30-10:30am \$16/\$24 NM
44477	Wed Feb 1-22 9:30-10:30am \$16/\$24 NM
44479	Wed Mar 1-29 9:30-10:30am \$20/\$30 NM

Instructor: Patty Stensvig

German Talk Time

This class works on translation, pronunciation, and conversation for those with some German language experience. Our group is currently a hybrid activity, with some members on Zoom others meeting in person.

44474	Mon Jan 9-30 1-2:30pm Free/\$10 NM
44475	Mon Feb 6-27 1-2:30pm Free/\$10 NM
44476	Mon Mar 6-27 1-2:30pm Free/\$10 NM

Facilitator: Fred Boede

NEW Intro to Ukulele

Discover the joy of playing the Ukulele. In this 4-week class you'll get an introduction to chords, strumming techniques, and learning new songs on your small guitar like instrument made popular in Hawaii. You bring the Uke, we'll share in the fun. A basic supply list will be provided to registered participants before class.

44460	Mon Jan 23-Feb 13 10-11am \$24/\$32 NM
44473	Mon Mar 6-27 10-11am \$24/\$32 NM

Instructor: Jim Corbett

NEW Exploration of Chinese History: The Tang Dynasty

In the second of this series, we'll explore the cultural and historical impacts of the Tang Dynasty (618-907 AD). Each week we'll compare the changes that occurred between the Han and Tang Dynasties, and what influenced the changes in language, literature, art and more.

44590	Fri Feb 3-24 12-2pm \$24/\$32 NM
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Instructor: Sylvia Huang

Knitting & Crochet

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. All levels are welcome. Some needles and yarn provided.

44464	Mon Jan 9-30 9:30-11am Free/\$10 NM
44465	Mon Feb 6-27 9:30-11am Free/\$10 NM
44466	Mon Mar 6-27 9:30-11am Free/\$10 NM

Facilitator: Josephine O'Shaughnessy

Queen Bees

Embrace aging and join the fun with this group of outgoing ladies who meet monthly every first Wednesday for social outings and sisterhood.

44470	Wed Jan 4 11:30am-12:30pm Free/\$10 NM
44471	Wed Feb 1 11:30am-12:30pm Free/\$10 NM
44472	Wed Mar 1 11:30am-12:30pm Free/\$10 NM

Facilitator: Ellie Norsworthy-Tingley

Quilting Group

Share your work and learn from others. Projects range from traditional hand-quilting to wonderful artistic interpretations. All levels of experience welcome. Bring your project and your ideas.

44467	Fri Jan 6-27 10-11:30am Free/\$10 NM
44468	Fri Feb 3-24 10-11:30am Free/\$10 NM
44469	Fri Mar 3-31 10-11:30am Free/\$10 NM

Facilitator: Myrtle Guild

Tech Support

Bring your computer, tablet or smart phone questions to our helpful volunteers. Call or visit LSC to schedule your thirty-minute appointment on Tuesdays, Wednesdays, or Thursdays; drop-ins welcome if time allows.

Tuesdays 8:30am-2:30pm Free
Wednesdays 11am-1pm Free
Thursdays 12:30-2pm Free

Instructors: Spencer Biard, Ben Benson, Cathy Webb

Games + Discussion Groups

Ongoing Games



BINGO! BUNCO! Pop-ups

Bunco and BINGO are simple games to learn and a whole lot of fun. Roll die for specific numbers or try your hand at a game of chance. Grab a friend and head to LSC for a party game held once a month!

BUNCO

44522 Mon Jan 23 12:30-2:30pm Free/\$10 NM

BINGO

44523 Mon Feb 27 12:30-2:30pm Free/\$10 NM

BUNCO

44524 Mon Mar 20 12:30-2:30pm Free/\$10 NM

Facilitator: Claudette Martinez

Cribbage

44295 Thu Jan 5-26 10-11:30am Free/\$10 NM

44294 Thu Feb 2-23 10-11:30am Free/\$10 NM

44315 Thu Mar 2-30 10-11:30am Free/\$10 NM

Facilitator: Barbara Buckler

Mexican Train (Dominoes)

44286 Wed Jan 4-25 12-1:30pm Free/\$10 NM

44285 Wed Feb 1-22 12-1:30pm Free/\$10 NM

44287 Wed Mar 1-29 12-1:30pm Free/\$10 NM

Facilitator: Dora Cantu

Party Bridge

44293 Thu Jan 5-26 11:30am-2:30pm Free/\$10 NM

44300 Thu Feb 2-23 11:30am-2:30pm Free/\$10 NM

44301 Thu Mar 2-30 11:30am-2:30pm Free/\$10 NM

Facilitator: TBD

GAMES ARE FREE FOR MEMBERS
\$10.00 per month for non-members

Discussion Groups

Book Discussion Group

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.

January Selection:

The Buddha in the Attic by Julie Otsuka

44502 Tue Jan 24 1:30-2:30pm Free/\$10 NM

February Selection:

Less by Andrew Sean Greer

44504 Tue Feb 28 1:30-2:30pm Free/\$10 NM

March Selection:

Euphoria by Lily King

44503 Tue Mar 28 1:30-2:30pm Free/\$10 NM

Facilitator: Doug Madison

Chatterboxes

This social club is talking about life and enjoying each other's great company. Keep your hands busy with your own project or just enjoy the conversation.

44317 Fri Jan 6-27 12:30-2:30pm Free/\$10 NM

44321 Fri Feb 3-24 12:30-2:30pm Free/\$10 NM

44322 Fri Mar 3-31 12:30-2:30pm Free/\$10 NM

Facilitator: Ginger Kemp

Chinese Chat Group

請加入我哋嘅廣東話休閒討論。
如果您說不同的方言，我哋將切換。

Please join us for a casual discussion in Cantonese language. If you speak a different dialect, we will switch to a different language.

44319 Wed, Fri Jan 4-27 10-11:30am Free

44332 Wed, Fri Feb 1-24 10-11:30am Free

44333 Wed, Fri Mar 1-31 10-11:30am Free

Facilitator: Poon (Koon-Yui) Poon

Chat en Español

If you grew up speaking Spanish, join us to chat with other native Spanish speakers. You'll get to meet more people and start on basic English to help you with everyday activities.

Si creciste hablando español, únete a nosotros para charlar con otros hablantes nativos de español. Conocerás a más personas y comenzarás con un inglés básico para ayudarte con las actividades diarias.

44801 Mondays 11am-12pm Free

Instructor: Luis Estrada

Coffee Chat

Join us for conversation and coffee. Snacks and beverages are free, with donations accepted.

Mon-Fri 9am-1pm Free

Daily registration required.

Our Choices & Understandings

A discussion group exploring personal matters and current events geared to greater understanding.

44318 Tue Jan 3-31 12:30-2pm Free/\$10 NM

44325 Tue Feb 7-28 12:30-2pm Free/\$10 NM

44327 Tue Mar 7-28 12:30-2pm Free/\$10 NM

Facilitator: Rick Mottau

Reel Fans Movie Discussion

Movie fans meet monthly on 4th Wednesdays to discuss films based on a quarterly theme. We now have two options to watch! Check-out the movies from Sno-Isle libraries or your favorite streaming service, or come to LSC in person and watch before the discussion. For more options contact the front desk.

Winter Theme:

Broadway to Big Screen

January: *Dream Girls* (2007)

44506 Wed Jan 25 11am-2:30pm Free/\$10 NM

February: *Chicago* (2014)

44505 Wed Feb 22 11am-2:30pm Free/\$10 NM

March: *West Side Story* (2022)

44507 Wed Mar 22 11-2:30pm Free/\$10 NM

Facilitator: Virginia Miscione

Outdoor Recreation

-  **HIKING POLES REQUIRED**
-  **HIKING BOOTS ONLY**
-  **ATHLETIC SHOES OKAY**

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.

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
- *Hiking poles strongly suggested*

Hiking Essentials

- ✓ mask or face covering
- ✓ hat
- ✓ hiking poles
- ✓ extra socks
- ✓ layered clothes
- ✓ sunscreen & sunglasses
- ✓ plenty of water 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
- ✓ waterproof hiking boots encouraged

Hikes

More hikes on pg 11

What to Know About Hikes

- While the general mask mandate in Washington is over, some destinations may choose to continue requiring masks. Carry one with you in case a snack or restroom stop asks that you mask up.
- Lottery registrations are on hold. Please stop in or call LSC to register for Hikes.
- Please make sure you have the right foot wear. Call us if you have any questions.

Redmond Watershed Preserve



Come explore a beautiful, local nature preserve of second-growth forests, with gentle grade, and beautiful moss-covered trees. This trail is shared by hikers and equestrians and is accessible year-round.

- 4.5 miles roundtrip
- 324 feet elevation

44264 Mon Jan 9 9am-3pm \$22/\$28 NM

Lower Wallace Falls



Keep your endurance up with this beautiful winter hike of one of Washington's most loved outdoor destinations. The trail includes moderate elevation gain, capping off with views of the partially frozen falls. Bring money for a stop at Sultan Bakery for treats and hot cocoa after the hike.

- 3.5 miles roundtrip
- 810 feet elevation

44265 Wed Jan 18 9am-3pm \$30/\$36 NM

Alki Beach Walk



We'll start on the North tip of Alki at Luna Park and walk along the beach, taking in the scenes of Seattle, the Puget Sound, and Bainbridge. We'll end the hike at Alki Beach Park, close to Alki's many restaurants where we will stop for lunch.

- 1.5 miles roundtrip
- Level

44266 Mon Jan 30 10am-2pm \$20/\$26 NM

Phantom Lake, Bellevue



Join us for this urban-meets-nature hike around Phantom Lake. This trip is perfect for getting outdoors while staying out of the difficult winter terrain. We'll pass through several local parks and the Bellevue Urban Gardening center.

- 2.9 miles roundtrip
- 242 feet elevation

44267 Mon Feb 6 9am-1:45pm \$20/\$26 NM

Point Wilson Trail, Port Townsend



Point Wilson trail follows along the Strait of Juan de Fuca's beautiful shores to overlooking high bluffs with views of the Cascades, Vancouver Island, and the San Juans. We'll pass by the Point Wilson lighthouse at Fort Worden State Park. We may have opportunities for birding, so bring your binoculars. Ferry included in registration.

- 2.7 miles roundtrip
- 285 feet elevation

44268 Wed Feb 15 9am-4pm \$42/\$48 NM

Nisqually National Wildlife Refuge, DuPont



This is one of our favorite hikes every year because it's such a great viewing spot during the seasonal bird migrations. The Nisqually River's mouth is a diverse and rich estuary teeming with birds of all kinds, so make sure you bring your binoculars.

- 3 miles roundtrip
- Mostly level

44268 Mon Feb 27 9am-3:45pm \$29/\$35 NM

All trips are fragrance-free.

Continued on page 11 >>

Snowshoe Trips

— Sign-up ongoing for January Snowshoe Trips —

Hyak Sno-Park, I-90 Snowshoe ♥-♥♥

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. 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.

- 1-3 miles roundtrip
- Minimal elevation gain

44273 Wed Jan 11 9am-4:30pm \$32/\$38 NM

Gold Creek Sno-Park Snowshoe ♥♥♥

Highlights include a tromp around a scenic pond surrounded by majestic snow-covered mountains. Bring a sack lunch, there is no lodge at this location.

- 2.5 miles roundtrip
- 100 feet elevation

44274 Wed Jan 25 9am-5pm \$29/\$35 NM

Lake Easton Snowshoe ♥♥♥

Lake Eaton offers a quieter snow Sno-Park with a nice, winding, well-groomed ski trail through the woods passing by Yakima River viewpoints along the Palouse to Cascades State Park Trail. This is a nice area to practice your skating as the hills are small and there are plenty of curves.

- 3 miles roundtrip
- 100 feet elevation

44275 Wed Feb 8 9am-5pm \$33/\$39 NM

Big Four Meadow Snowshoe, Mt Loop Hwy ♥♥-♥♥♥

(depending on road closure)

Stomp along in your snowshoes on the Mt. Loop Hwy for over two miles until you reach the historical area of the Big Four Picnic Area. If the Mt Loop Hwy is open, we'll just snowshoe at Big Four meadow. Large mountains loom over the meadows and popping out of the snow are the remnants of a fireplace that once belonged to the historical Big Four Lodge. There is a picnic shelter where you can enjoy your lunch. No rental facilities or lodge are available at this location.

- 2-5 miles roundtrip
- 500 feet elevation

44276 Wed Feb 22 9am-6:15pm \$30/\$36 NM

Mt Rainier Snowshoe ♥♥♥

Road and weather conditions will determine final location for this snowshoe of either Paradise or Longmire. After snowshoeing, you'll get a chance to warm up in the lodge with a hot beverage on your own. Bring your Golden Age Pass or \$10 park fee.

- Miles will vary based on group
- Elevation will vary

44277 Wed Mar 8 8am-7:30pm \$46/\$52 NM

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

**Snowshoes with poles are
available for rent: \$10/\$15 NM**

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

Virtual Play Golf

Keep your swing strong through winter with indoor play on state-of-the-art golf simulators by Full Swing Technology. Join LSC every other Tuesday through the winter season for casual golf play in a laid-back environment perfect for enthusiasts and newcomers. Pre-registration required; non-refundable.

44314 Tue Jan 10 12-2pm \$20/\$25 NM

44316 Tue Jan 24 12-2pm \$20/\$25 NM

44323 Tue Feb 7 12-2pm \$20/\$25 NM

44324 Tue Feb 21 12-2pm \$20/\$25 NM

44326 Tue Mar 7 12-2pm \$20/\$25 NM

44328 Tue Mar 21 12-2pm \$20/\$25 NM

Walking Group

Regular walks have been shown to reduce risk of depression, type 2 diabetes, Alzheimer's, and improve overall health and well-being. Join with the community for a regular walk around Lynnwood.

44462 Thu Jan 12 - Mar 16
11am-12pm Free

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

Trips



What to Know About Trips

- Trips are registered by Lottery. How does Lottery registration work? Numbered chips are handed out in random order in person at LSC between 9am and 9:30am on sign-up day. We begin drawing chips at 9:30am. All numbers will be called. You may register yourself and one other person not holding a chip for all trips available that day. If the trip(s) you want is full we will place you on the waitlist at no cost. Phone-in registration begins when in-person registration ends. Remaining spots will be filled first come, first serve.
- Please take a moment to look at the Cancellation Policies on page 1.
- Non-refundable trips are marked with asterisks *
- Some destinations may require a mask. Please carry one with you.

Ride the Link – Lunar New Year ☺☺☺

This Lunar New Year marks the transition to the Year of the Rabbit. The Seattle International District celebration includes traditional dragon and lion dances, Japanese Taiko Drumming, and other cultural performances on the Main Stage. You could participate in an Annual Food Walk and sample items from local businesses. A variety of family-friendly activities combined with small arts and crafts vendors, there is something for everyone to enjoy. This event is outdoors, dress for the weather. Link fare and other purchases on your own.

44508 Sat Feb 4 10am–4pm \$15/\$21 NM
Sign-up date: Jan 9

That's Amore* ☺

Join us for the Snohomish Concert Series — *That's Amore* at the Snohomish Carnegie for a beautiful evening of opera and song performed by local, world-class artists just in time for Valentine's Day. We'll find a nice spot for dinner on the way to the venue.

44509 Thu Feb 9 4:30–9pm \$28/\$34 NM
Sign-up date: Jan 9

* All trips include a \$6 non-refundable deposit.

Random Acts of Kindness Day ☺☺

Let's travel with a purpose to help spread kindness on the kick-off to Random Acts of Kindness Week. We'll make several stops to lift spirits and spread joy.

44510 Mon Feb 13 10am–1pm Free
Sign-up date: Jan 9

NW Flower & Garden Show* ☺☺☺

This show is for everyone who likes gardens — those who dig in the dirt and those who enjoy the results. Full-sized display gardens inspire both windowsill creations and backyard retreats. And there's shopping — art, jewelry, plants, and many vendors offering new garden gadgets alongside those tried-and-true favorites. Bring a sack lunch or purchase food at the show. Cost of food and other purchases is on your own.

44521 Thu Feb 16 10am–4:30pm \$32/\$38 NM
Sign-up date: Jan 9

* Indicates a non-refundable trip

Some venues may require proof of vaccination or a negative COVID test.

NW African American Museum ☺

This year marks a grand reopening to in-person exhibits and programs for our first time visit to this landmark museum of Black history, art, and culture located in the Central district of Seattle overlooking the park named after musician Jimi Hendrix.

44511 Thu Feb 23 10am–1pm \$18/\$25 NM
Sign-up date: Jan 9

Seattle Miniature Show* ☺☺

Hours are spent perfecting these little works of art — houses, room boxes, vignettes under domes, structures in small scales, and much more. Whether you are a hobbyist shopping for the latest supplies, or simply curious about the miniature world, you don't want to miss this fun event of all things mini.

44512 Sat Mar 4 9:45am–4pm \$24/\$30 NM
Sign-up date: Feb 13

BINGO at Rhodes River Ranch ☺

B-I-N-G-O! The Restaurant at Rhodes River Ranch holds a free weekly BINGO game and they're saving a place for us. Enjoy dinner on your own and free BINGO on this casual and fun night up north.

44513 Wed Mar 8 4:30–9pm \$18/\$24 NM
Sign-up date: Feb 13

Spend a Day in Friday Harbor ☺☺–☺☺☺

You'll have time to walk around, browse the shops, splurge on lunch on your own, and enjoy a relaxing few hours in Friday Harbor. We'll drive the senior center bus to Anacortes and skip the wait lines by walking onto the ferry. Ferry is included in trip registration; lunch and other purchases are on your own. Times are approximate and subject to change based on ferry schedules.

44519 Thu Mar 16 7am–5pm \$29/\$35 NM
Sign-up date: Feb 13

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

Ray on My Mind* ☺

Part concert, part theatrical production, *Ray on My Mind* brings the music and story of the great Ray Charles to vivid life. Portraying Ray, master pianist/vocalist, Kenny Brawner leads an 11-piece orchestra and three vocalists in performing this American legend's most popular hits. The music is interwoven with monologues depicting how gospel, blues, jazz, and country-influenced Ray's style, while also reflecting on American social history, his epic battle with drugs, and his triumphant return home to Georgia.

44515 Sat Mar 25 12-5pm \$38/\$44 NM

Sign-up date: Feb 13

PNW Quilt & Fiber Arts Museum ☺-☺☺

Located in the historic Gaches Mansion, looking over the beautiful waterfront town of La Conner, this active museum features exhibits of quilts and fiber arts throughout the year with a new exhibit opening on one of the three floors each month ranging from traditional quilts from around the globe to contemporary fiber art. We'll make time to walk around La Conner a bit for lunch and browsing.

44580 Wed Mar 29 10am-4:30pm \$22/\$28 NM

Sign-up date: Feb 13

Chateau St. Michelle Grand Estate Tour & Tasting ☺☺

Take a guided walking tour through the enchanting estate of Washington's founding winery. From the historical Manor House to the tasting room, you'll learn about the incredible history of Chateau Ste. Michelle and the 105-acre Woodinville property. Once the tour is complete, experts will walk you through a tasting of four limited release wines paired with a selection of small bites.

44518 Tue Apr 4 12:15-4pm \$74/\$80 NM

Sign-up date: Mar 13

High Tea & Tulips* ☺

Enjoy English Tea in the countryside at Willowbrook Manor during the tulip season, but far from the crowds. Tea sandwiches, salad, sweet cream scones and home-baked sweets are served with a pot of your favorite tea. Wander in the gardens and welcome in the coming of Spring with friends!

44514 Fri Apr 14 11am-4:30pm \$62/\$68 NM

Sign-up date: Mar 13

All trips are fragrance-free.

Taproot Theatre – As it is in Heaven* ☺

LSC returns to a favorite venue for this play that wrestles with belief and doubt in a swiftly changing world. "Tis a gift to be simple," sing the Shakers of Pleasant Hill. But as the young women in the community claim new spiritual gifts, Sister Hannah and the other elders must judge whether these gifts are real or rebellion. There is no meal stop planned for this trip.

44516 Wed Apr 19 12:45-4:30pm \$38/\$44 NM

Sign-up date: Mar 13

Maltby in the Spring ☺-☺☺

The easy drive to Maltby takes us on less-traveled roads to a quiet part of Snohomish County for a trip to Flower World to look things over and do some shopping. 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 and other purchases is on your own.

44517 Tue Apr 25 10am-4pm \$18/\$24 NM

Sign-up date: Mar 13

Outdoor Hikes

>> Continued from page 8

Carkeek Park ♥♥♥👟

A local favorite, Carkeek Park offers views of Puget Sound, the Olympic Mountains, and more than 220 acres of regional exploration. There's beaches, wetlands, meadows, creeks, lush forests, gardens and orchards — all without straying too far from home.

- 5 miles roundtrip
- 187 feet elevation

44269 Mon Mar 6 10am-3pm \$19/\$25 NM

Little Si, North Bend ♥♥♥♥👟🗻

The little sibling to Washington's most traversed hiking trail, Little SI has moderate incline topped off with breathtaking views of Snoqualmie Valley and Rattlesnake Mountain.

- 4.4 miles roundtrip
- 1,187 feet elevation

44270 Wed Mar 15 9am-3:45pm \$37/\$43 NM

Spring Foraging Class Companion Hike ♥♥👟

Ostara is the first day of Spring, a time of new beginnings. As the Earth awakens, let's celebrate with a look at some of the newly arriving native plants to available for forage. Location TBD.

44271 Mon Mar 20 10am-2pm \$20/\$26 NM

Cherry Blossoms at Seattle Japanese Gardens ♥♥👟

We'll take a walk through the UW Botanical gardens and stop off at the Japanese Garden to see the Cherry Blossoms. Bring a sack lunch to enjoy along the trail and your camera for the cherry blossoms.

- 2 miles roundtrip
- Mostly level

44272 Wed Mar 22 10am-2pm \$23/\$29 NM



Skagit River Eagle Float Tour

Be sure to take this opportunity to float the Skagit river, winter home to the largest concentration of eagles in the lower 48 States. During the migrations' peak it is common to see 200+ birds during a three-hour Skagit River Eagle Tour. The Skagit has a diverse eco-system and is one of the most pristine rivers in our state to enjoy from the comfort of a heated boat. Bring warm layers, binoculars, and cameras.

44586 Mon Jan 23 11am-6pm \$130/\$136 NM

City of Lynnwood
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Champagne & Crepes
BRUNCH FUNDRAISER
SATURDAY MARCH 25 | 11AM-1PM

No charge to register as your donations will be accepted at the event.
— Sponsored by Quail Park of Lynnwood —
Brought to you by the LSC Foundation

All proceeds directly benefit Lynnwood Senior Center



THANK YOU TO OUR 2022 DONORS
In Memory of Norm Chamberlain
In Memory of Eldon Johnson
In Memory of Claire Amos-Enns

*The Lynnwood Senior Center will be closed the following holidays:
New Year's Jan 2 | Martin Luther King Jr's Day Jan 16 | President's Day Feb 20*