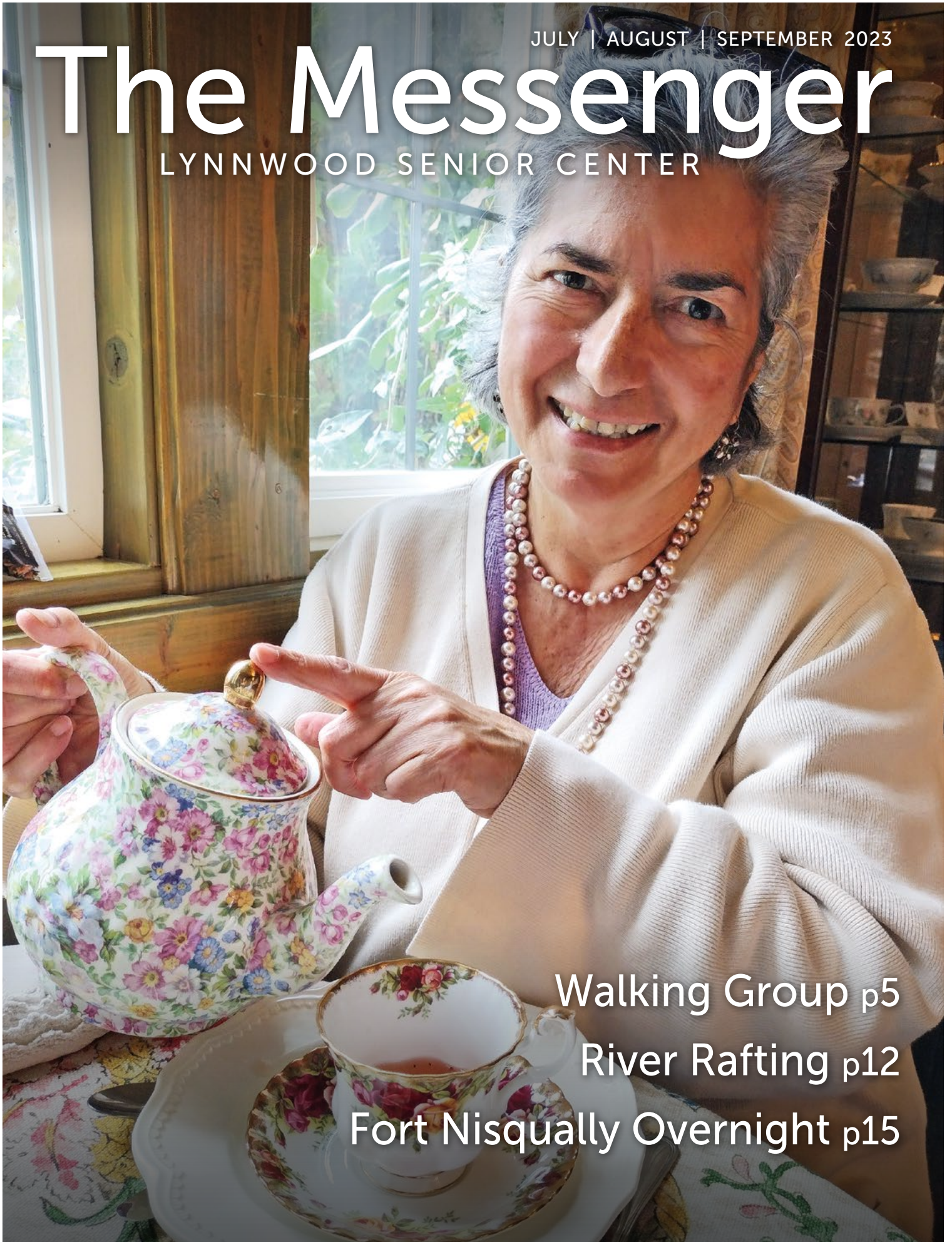


JULY | AUGUST | SEPTEMBER 2023

The Messenger

LYNNWOOD SENIOR CENTER



Walking Group p5

River Rafting p12

Fort Nisqually Overnight p15

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



City of Lynnwood Staff

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Recreation & Cultural Arts
Lynn Sordel
lsordel@lynnwoodwa.gov

Deputy Director
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Recreation Coordinator
Shelley Coster
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Recreation Coordinator
Shayla Gearin
sgearin@lynnwoodwa.gov

LSC Foundation Board Officers

Sydney Hoard: Chair

Terry Strausser: Treasurer

Jennifer Dennis: Secretary

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

Raymond Werrion
April 2023

Pat Alex
May 2023



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Registration for activities without an (*) may be withdrawn for credit up to three business days prior to departure.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** Overnight trips may be withdrawn for credit up to 30 days prior to departure.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



Sunny Thompson Guarding and Jo Boudon teaching water babies

Chris's Message

"If there is magic on this planet, it is contained in water." (Loren Eiseley). Water is truly magical. Just being in the water can instantly elevate your mood and reduce your stress. Exercising in the water is low impact, helps with pain, lowers blood pressure, builds strength, increases heart health and is fun! Each week, the Lynnwood Pool offers 31 water fitness classes, 85 hours of lap swim, and more than 45 hours of open fitness time. If you haven't taken a dip in our healing

waters, give us a try! If you have never swam before or have a fear of water, it is never too late to take swim lessons. Each week, we have more than 2,000 people take swim lessons, including many older adults. Swimming is such a crucial safety skill as we are surrounded by water here in Western Washington, and drowning is still the leading cause of death for young children. If you are comfortable in the water and are interested in helping increase the level of water safety in our

community, join our aquatics team! We offer free training, flexible schedules and free use of the rec center. For more information about our programs or working here, stop by our aquatics office, or give us a call at 425-670-5528.



Chris Klontz,
Aquatics Manager

LSC Foundation Board Members Needed

The LSC Foundation is an independent non-profit organization. They work to raise funds, with 100% of profits going to Lynnwood Senior Center. The Foundation is separate from the Center, which is operated by the City of Lynnwood through the Parks & Rec Department. The Foundation and Center work together through a partnership agreement.

The Foundation is looking for three people to grow their Board. Duties include annual and special Board meetings, deciding on fundraising events, and working at those events — typically one per quarter. If you are interested in becoming an LSC Foundation Board member, please call or stop by the Center for an application. Interviews will be in February.

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.

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. Hybrid option available.

49250	M, W, F Jul 3-31 11:10am-12:10pm \$48 / \$72 NM
49251	M, W, F Aug 2-30 11:10am-12:10pm \$52 / \$78 NM
49252	M, W, F Sep 1-29 11:10am-12:10pm \$40 / \$60 NM

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

Lite Enhance Fitness ★

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

49253	Tue, Thu Jul 6-27 10-11am \$28 / \$42 NM
49254	Tue, Thu Aug 1-31 10-11am \$40 / \$60 NM
49255	Tue, Thu Sep 5-28 10-11am \$32 / \$48 NM

Instructor: Valeriano Frank Mateo

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. Hybrid option available.

49371	Tue, Thu Jul 6-27 9-9:50am \$42 / \$56 NM
49370	Tue, Thu Aug 1-31 9-9:50am \$60 / \$80 NM
49372	Tue, Thu Sep 5-28 9-9:50am \$48 / \$64 NM

Instructor: Marie-Lou Andresen

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



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. During Summer session Thursday instruction is on hold until 8/12; Tuesdays only in August are practice and rehearsal.

49367	Tue Aug 1-29 1-2pm \$15/\$25 NM
49369	Tue, Thu Sep 12-28 1-2pm \$18/\$24 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!

49257	Tue, Thu Jul 6-27 9-10am \$42/\$56 NM
49258	Tue, Thu Aug 1-31 9-10am \$60/\$80 NM
49259	Tue, Thu Sep 12-28 9-10am \$36/\$48 NM

Instructor: Joan Harrison
Location: Recreation Center, Fitness Studio

Line Dance

Line dance is 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, and more. Exercise never felt like such fun! This class is for people of all experience and ability levels.

50338	Tue, Thu Jul 6-27 11:10am-12pm \$42/\$56 NM
50339	Tue, Thu Aug 1-31 11:10am-12pm \$60/\$80 NM
50340	Tue, Thu Sep 5-28 11:10am-12pm \$48/\$64 NM

Instructor: Marie-Lou Andresen

Beginning Tai Chi

Tai Chi is a form of martial arts that is practiced primarily for its health benefits. Scientific studies show that it helps chronic conditions such as arthritis, heart disease, and diabetes, to name a few. It also improves balance, prevents falls, reduces stress, and boosts immunity. Most importantly, tai chi is an enjoyable form of exercise that people of any age can learn and practice. This series explores Qigong and other styles. New and continuing learners are welcome.

49376	Mon, Wed Jul 3-31 11-11:50am \$48/\$64 NM
49377	Mon, Wed Aug 2-30 11-11:50am \$54/\$72 NM
49379	Mon, Wed Sep 11-27 11-11:50am \$36/\$48 NM

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

Intermediate Tai Chi Chuan

The soft and hard Yang style will be demonstrated with a focus on learning key concepts of the form as a self-defense. Increase confidence and fulfillment by developing strength through breathing. Movement will be discussed in physiological terms with the goal of engaging the heart and mind to employ harmony, balance, and spirituality.

49375	Tue, Thu Jul 6-27 11:30am-12:20pm \$42/\$56 NM
49380	Tue, Thu Aug 1-31 11:30am-12:20pm \$60/\$80 NM
49378	Tue, Thu Sep 12-28 11:30am-12:20pm \$36/\$48 NM

Instructor: Valeriano Frank Mateo
Location: Lynnwood Recreation Center, Room 102

Walking Group

Join LSC for a community walk taking place on Thursdays.

Walk lasts 45 minutes to an hour and go through the local neighborhoods and parks.

Walks have minimal elevation gain and happen rain or shine.

Come early or stay later for coffee, tea, and chatting inside LSC.

Please arrive at Lynnwood Senior Center by 10:50am to check-in and meet with group. Bring water and weather-appropriate clothing.

50220	Thursdays 11am-12pm Free
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Classes & Activities



Chat en Español

¿Hablas español primero? Únase a nosotros para conocer y chatear con otros hablantes nativos de español. Además de una comunidad en crecimiento, discutiremos términos básicos en inglés para una mayor independencia en las actividades cotidianas. Esta clase está destinada a hispanohablantes que desean aprender inglés.

Do you speak Spanish first? Join us to meet and chat with other native Spanish speakers. In addition to growing community, we'll discuss basic English terms for increased independence in everyday activities. This class is intended for Spanish speakers wanting to learn English.

49993 Mon Jul 3-31 11:30am-12:30pm Free

49994 Mon Aug 7-28 11:30am-12:30pm Free

49995 Mon Sep 11-25 11:30am-12:30pm Free

Facilitator: Teresa Olmos Montano



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 supplied or bring your own.

49738 Tue Jul 11-25
11am-12:30pm Free/\$10 NM

49737 Tue Aug 1-29
11am-12:30pm Free/\$10 NM

49736 Tue Sep 5-26
11am-12:30pm Free/\$10 NM

Facilitator: Pat Albert

DIY: Hand-Tinted Filter Flowers

In this workshop we'll learn how to turn an everyday item into a variety of beautiful flowers each unique in color and shape because you are the artist. Use them for bouquets, gifts, or holiday crafts. Supplies included. Pre-registration required.

50024 Fri Aug 4 12:30-2:30pm \$10/\$16 NM

Instructor: Shelley Coster

NEW Let's Get Crafty Card Class

Assemble three seasonal greetings cards useful for all occasions. Card supplies included, bring scissors and favorite adhesive if you wish. Pre-registration required.

49740 Fri Sep 8 12:30-2pm \$8/\$14 NM

Instructor: Joanne Cooney



Drawing and Painting Techniques for All Artists

You'll learn the fundamentals of drawing and painting using a variety of graphite pencils 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. Get started by bringing sketch paper, graphite pencils, and eraser.

50022 Thu Jul 6-27
12:30-2:30pm \$24/\$32 NM

50021 Thu Aug 3-31
12:30-2:30pm \$30/\$40 NM

50023 Thu Sep 7-28
12:30-2:30pm \$24/\$32 NM

Instructor: Donella M Robbins

Flower Arranging

Each week you'll take home a self-designed flower arrangement. 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 container to take home your arrangement.

50292 Wed Jul 5-26
9:30-10:30am \$16/\$24 NM

50293 Wed Aug 2-30
9:30-10:30am \$20/\$30 NM

50291 Wed Sep 6-27
9:30-10:30am \$16/\$24 NM

Facilitator: Patty Stensvig

Classes & Activities + Games



Ongoing Games



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.

49930	Mon Jul 3-31 9:30-11am Free
49931	Mon Aug 7-28 9:30-11am Free
49932	Mon Sep 11-25 9:30-11am Free

Facilitator: Josephine O'Shaughnessy

Queen Bees

Embrace aging and join the fun with an outgoing group of ladies who meet monthly for social outings and connection.

49933	Wed Jul 5 11:30am-12:30pm Free/\$10 NM
49934	Wed Aug 2 11:30am-12:30pm Free/\$10 NM
49935	Wed Sep 6 11:30am-12:30pm Free/\$10 NM

Facilitator: Ellie Norsworthy-Tingley

Quilting Group

Quilters unite! 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.

49990	Fri Jul 7-28 10-11:30am Free/\$10 NM
49991	Fri Aug 4-25 10-11:30am Free/\$10 NM
49992	Fri Sep 1-29 10-11:30am Free/\$10 NM

Facilitator: Myrtle Guild

Tech Support

If you want to find out more about your computer, tablet or smart phone, Spencer, Ben, and Cathy are the people to help you out. Make an appointment (or drop-in) on Tuesdays, Wednesdays, or Thursdays to ask our tech support volunteers your questions.

Tuesdays 9-11:30am Free
Wednesdays 11am-12pm Free
Thursdays 12:30-2:30pm Free

Instructors: Spencer Biard, Ben Benson, Cathy Webb

Bingo – Now Weekly!

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

Facilitator: Claudette Martinez

Cribbage

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

Facilitator: Barbara Buckler

Mexican Train (Dominoes)

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

Facilitator: Dora Cantu

Party Bridge

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

Facilitator: Open Position

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

Services & Discussion Groups

Services



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 volunteers weekly on Tuesdays and Wednesdays in the LSC lobby.

Tuesdays 12–1pm Free

Wednesdays 10:30–11:30am Free

Providers: Remy Obillo & 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 / \$35 NM

Provider: Ann Nguyen

SHIBA Appointments

Statewide Health Insurance Benefits Advisors can help you with your questions about Medicare. Call LSC to schedule your one-hour appointment.

49987 Thu Jul 20 12–3pm Free

49988 Thu Aug 17 12–3pm Free

49989 Thu Sep 21 12–3pm Free

Provider: Laura Ballard

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.

July Selection:

The Lost City of the Monkey God
by Douglas Preston

47624 Tue Jul 25 1:30–2:30pm Free / \$10 NM

August Selection:

The Warmth of Other Suns
by Isabel Wilkerson

50025 Tue Aug 22 1:30–2:30pm Free / \$10 NM

September Selection:

The Dog Stars by Peter Heller

50026 Tue Sep 26 1:30–2:30pm Free / \$10 NM

Facilitator: Doug Madison

Coffee Chat

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

Mon–Fri 9am–1pm Free

Daily registration required onsite.

Chinese Chat Group

請加入我們，
用普通話進行隨意的討論。

Please join us for a casual discussion in Mandarin language.

49849 Wed, Fri Jul 5-28 10–11:30am Free

49928 Wed, Fri Aug 2-30 10–11:30am Free

49929 Wed, Fri Sep 1-29 10–11:30am Free

Facilitator: Poon (Kyun-Yui) Poon

Chatterboxes

Join the girls! 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.

49936 Fri Jul 7-28 12:30–2:30pm Free / \$10 NM

49937 Fri Aug 4-25 12:30–2:30pm Free / \$10 NM

49938 Fri Sep 1-29 12:30–2:30pm Free / \$10 NM

Facilitator: Ginger Kemp

Movie Watch Party

Movie fans meet weekly to watch a film, popcorn included. Discussion of the movies on 4th Wednesday is on hold for the summer.

July: *The Queen* (2006); *Princess Kaiulani* (2009); *A United Kingdom* (2016)

50028 Wed Jul 5-26
12:30–2:30pm Free / \$10 NM

August: *Stand By Me* (1986); *Summer of Soul* (2022); *Dirty Dancing* (1987)

50029 Wed Aug 2-23
12:30–2:45pm Free / \$10 NM

September: *Julie & Julia* (2009); *One Night in Miami* (2020); *Elvis* (2022)

50030 Wed Sep 6-27
12:30–2:45pm Free / \$10 NM

Facilitator: Virginia Miscione

Our Choices and Understandings

This is a discussion group exploring personal matters and current events geared towards greater understanding.

49939 Tue Jul 11-25 12:30–2pm Free / \$10 NM

49940 Tue Aug 1-29 12:30–2pm Free / \$10 NM

49942 Tue Sep 5-26 12:30–2pm Free / \$10 NM

Facilitator: Rick Mottau

Events

Presentations

----- Preregistration is required for all events. -----



Membership Social

Join the LSC community for a casual mixer and new member meet and greet where we can chat, mingle, and welcome new people to the community.

50509 Tue Jul 18 12-1pm Free

50510 Tue Aug 15 12-1pm Free

50511 Tue Sep 19 12-1pm Free

Meet the Mayor Root Beer Social Event

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

50360 Wed Aug 9 2-2:45pm Free

Birthday Celebration Luncheon

Come join us for birthday lunch and some musical entertainment. If your birthday is in July, August or September and you're a Lynnwood Senior Center member, you may register for free.

50363 Fri Aug 18 12-2pm \$5/\$10 NM



Through My Lens with George McKenzie

Spend some time with George as he shares with you some of his pictures, images, and his passion for photography.

Sit down, relax, and have some hot tea and a small bite to eat.

47868 Tue Jul 18 1-2:30pm Free

Intro to Cryptocurrency and Cookies

Cryptocurrencies are altering the economic landscape and revolutionizing the way people do transactions.

Come learn the basics of cryptocurrency and blockchain, from what it is, to how it works, to why you should care with cookies.

50359 Tue Aug 1 1-2pm Free

American Civil Liberties Union Presentation

The ACLU has been at the center of nearly every major civil liberties battle in the U.S. for over 100 years.

A representative from the local Washington ACLU will come in to speak about the work they're doing and how you can support them.

50512 Tue Aug 15 1:30-2:30pm Free

Fall Prevention Stroll with South County Fire

We'll walk with firefighters to Station 15, where we will have coffee and pastries and sit through a short presentation on fall prevention.

50329 Thu Sep 21 11am-12pm Free

Fall Foraging Class

The pure abundance of plants in the Pacific NW is astounding. Though best known for its amazing diversity and plethora of native trees, Washington is also home to 100s of species of both edible and medicinal plants. In this class Shayla will explore some common native plants available for forage in the fall and some common preparations for them.

50508 Tue Sep 26 1-2pm Free

Celebrate National
Senior Center month
regionwide!

See back cover for the

Spaghetti & Wine
FUNDRAISER

Outdoor Recreation

 **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

- ✓ 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

Summer Hikes



Whatcom Falls Park, Bellingham

♥♥♥ 

Whatcom Falls Park boasts more than 240 acres of grounds with more than 5 miles of trails. We'll explore the falls, Whatcom Creek, Derby Pond, and the wetlands as we make our way through the park before stopping along the trail to enjoy our sack lunches together.

- 4 miles round-trip
- 305 foot elevation

49399 Mon Jul 10 9am-3pm \$29/\$35 NM

Pass Lake Loop, Fidalgo Island

♥♥♥ 

Pass Lake is situated in the Deception Point area, some of the most lush and beautiful hiking that Washington has to offer. We'll walk through the dense forests and take a stop at the lake.

On the way back we'll stop for ice cream at our favorite local creamery.

- 2 miles round-trip
- 423 foot elevation

49402 Wed Jul 19 9am-3pm \$29/\$35 NM

Greenwater Lakes, Mt Baker Snoqualmie National Forest

♥♥♥ 

Greenwater Lakes has everything that one could want in a hike, picturesque bridges, waterfalls, old growth trees, a pristine river, and a series of lakes, all found within 2 miles of the trailhead with minimal elevation gain. This is a favorite backpacking spot and year-round hike destination (Shayla's favorite).

- 3.5 miles round-trip
- 381 foot elevation

49409 Wed Jul 26 9am-7pm \$36/\$42 NM

Evergreen Trail, Rockport

♥♥♥ 

Rockport State Park boasts 670 acres of trails with ancient forests, mossy trees, and lush ferns. We'll explore this rich landscape through towering Douglas-firs, pass by several flowing creeks, and catch views of Sauk Mountain.

- 2.7 miles round-trip
- 387 foot elevation

50326 Wed Aug 16 9am-6pm \$30/\$36 NM

All trips are **fragrance-free**.

Summer Hikes



Coal Creek, Bellevue



This local out-and-back is popular for novice and avid hikers alike. Trails are well-groomed and accessible while provided access to sweeping canopy views and waterfalls. This is a perfect hike for a summer day when you'd like to dip your toes in the creek for a cool down.

- 3.5 miles round-trip
- 383 foot elevation

50328 Mon Aug 21 9am-5pm \$22/\$28 NM

Dosewallips – Steam Donkey Trail



Dosewallips State Park provides a convergence of forest groves with saltwater delta. The Steam Donkey loop trail wends its way through these forests, up ridges and through open meadows. You'll cross creeks and enjoy the dappled sunlight coming through thick foliage of deciduous trees.

We'll also take time to stop at the observation area overlooking Hood Canal, where it is possible see whales and seals.

- 4.5 miles round-trip
- 400 feet elevation

50515 Wed Aug 30 8am-7pm \$45/\$51 NM

Moss Lake Trail, Carnation



This impressive wetland encompasses a large sphagnum bog, rich with beaver dams, and is home to an impressive lake that is ripe for exploration.

- 3.7 miles round-trip
- 354 foot elevation

50331 Mon Sep 11 9am-3pm \$22/\$28 NM

Seminary Trail and Lake Washington Beach



We'll explore the Seminary trail through Saint Edward State Park, where we'll stop near the lake to eat our sack lunches. On the way out, we'll take on a steady, gradual climb back to the parking lot before heading back home.

- 3.5 miles round-trip
- 692 foot elevation

50330 Wed Sep 6 9am-2pm \$22/\$28 NM

Coyote Loop Trail



A local favorite, Coyote Loop matches its ease of access with rich forests and beautiful landscapes. This hike is relatively flat and mostly shaded, making it a great hike any time of the year.

- 3.6 miles round-trip
- 193 foot elevation

50332 Wed Sep 20 9am-2pm \$22/\$28 NM



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

Outdoor Recreation



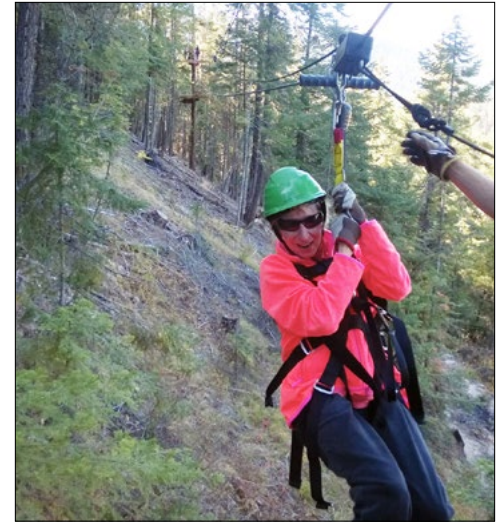
Golf-Regular Play

Don't miss the first day-it starts with doughnuts and ends with prizes. You'll have a chance for lunch (on your own) in the clubhouse with your foursome and others after you play. Pay \$21 green fees at the course, where you may also rent clubs, pull carts, and golf carts if you wish. Meet at the Nile Shrine Golf Course 30 minutes before your scheduled tee time.

Nile Shrine Golf Course
6601 244th St SW, Mountlake Terrace

- 48210 Thu Jul 6 10am-4pm Free / \$5 NM
- 49395 Thu Jul 27 10am-4pm Free / \$5 NM
- 48211 Thu Aug 10 10am-4pm Free / \$5 NM
- 49396 Thu Aug 27 10am-4pm Free / \$5 NM
- 48212 Thu Sep 7 10am-4pm Free / \$5 NM
- 49397 Thu Sep 21 10am-4pm Free / \$5 NM

Outdoor Adventures



Skagit River Rafting*

Join us for a float on the Upper Skagit. This river is extraordinarily special, with a rich archaeological and historical past that gives it a near mystical feeling; the area was once home to the first human residents of the corridor, the Upper Skagit Tribe. People new to whitewater will be given instruction on safety, prevention, and rescue procedures, followed by a nice nine-mile trip through one of North America's most gorgeous rivers. Pack a lunch to enjoy before the float and bring card or cash for dinner afterwards.

49404 Mon Jul 24
10:30am-7:30pm \$165 / \$171 NM

Zipline, Camano Island*

Join us for a breathtaking forest adventure with Canopy Tours NW. Set in the background of a sustainably managed 231-acre farm complete with a gorgeous barn, small lake, and beautiful forest. The tour features fir and cedar platforms and double 1/2 inch zip cables. The two brief forest walks give a closer view of this incredible setting. Wrap in the fun of the short log bridge and the dramatic final descent and you have an experience to remember.

50507 Wed Aug 2 11am-5pm \$140 / \$146 NM





July Trips – (Search on-line for details)

Sign-up ongoing. Ask about current registration availability.

- Jul 6** Cinebarre Movie & Munchies
- Jul 12** Whale Watching Lunch Cruise*
- Jul 25** Climate Pledge Arena Guided Tour*
- Jul 22** Seafair Indian Days Powwow

The Gothard Sisters – Celtic Concert in the Park ☺

Spend an afternoon in the park with local and international favorites The Gothard Sisters as they share their own blend of Celtic, folk and classical music paired with violin, acoustic guitar, mandarin, bodhran, and vocal harmonies, often with Irish dance sprinkled throughout. We'll visit a local eatery for dinner on your own before heading home.

50235 Sun Aug 6 2-7pm \$10/\$16 NM

Sign-up date: July 14

Northwest Washington Fair ☺☺

We're heading north to Lynden for a good ol' day at the fair. In addition to the traditional food booths, carnival rides, and animal barns, we'll get to check out the new Farming for Life Experience in the Farm Pavillion showcasing the rich history of farming in this region and innovations in farming practices, enriched by the intergenerational stories of people who make farming their life.

50237 Tue Aug 15 9am-5pm \$27/\$33 NM

Sign-up date: July 14



Trip Registration is by Lottery!

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.

Trips



Lusio Light Festival ☺☺☺
 Explore a beautiful farm filled with art installations of lights in all shapes, sizes, and formats curated directly into nature. Starting at dusk this outdoor evening event at Mary Olson Farm is highlighted with sounds from local artists and DJs to leave you relaxed and uplifted. No food is allowed on the grounds, so we'll grab a bite to eat on the way to the farm in Kent.

50239 Fri Aug 18 4–9:30pm \$18 / \$24 NM
 Sign-up date: July 14

Movie Matinee – McMenamin's Anderson School Theater ☺
 Kick back in deluxe rocker seats and admire the chandeliers and posters of yesteryear in this theater that combines old world charm with a new world theater experience. Bonus — they deliver your food to enjoy while watching a new release! Movies and showtime announced at sign-up. All food and beverage purchases on your own.

50241 Mon Aug 21 12–6pm \$23 / \$29 NM
 Sign-up date: July 14

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

Random Acts of Kindness * ☺
 We are joining forces with local youth program Project Girl with a purpose to share kindness. Several stops will be made to lift spirits and spread joy. A stop for lunch will be included.

50514 Tue Aug 29 10am–2pm Free
 Sign-up date: July 14

Diablo Lake & Lunch Tour * ☺☺
 The Lake and Lunch tour is back! Originally run by Seattle City light for the past 90 years, this tour is now offered in partnership with the North Cascades Institute. Once aboard the specially designed boat, you'll learn about the area's natural history, biodiversity and geology, as well as the unique relationship between the North Cascades environment and the Skagit River Hydroelectric Project. An organic lunch is served after the tour on the shores of Diablo Lake.

50242 Thu Aug 31 8:45am–4pm \$67 / \$73 NM
 Sign-up date: July 14

Ride the Link – SeaTac Airport Adventure ☺☺
 Here's your chance to experience a trip to Seatac Airport on the Link Light Rail. We'll board at Northgate and ride to the SeaTac station for a walk to the terminal and back. On the way home we'll stop at one of the northbound stations for lunch nearby. Transit fare and other purchases on your own.

50244 Thu Sep 7 10am–2pm \$15 / \$21 NM
 Sign-up date: August 11

Seattle Mariners Senior Day * ☺☺
 Enjoy a day of Major League Baseball when Seattle faces the Los Angeles Angels at T-Mobile Park. Ride the LSC bus to the stadium for this special Senior Day event that includes Terrace Club seating and a hot dog meal on the Terrace patio.

50245 Wed Sep 13 11:15am–5pm \$72 / \$78 NM
 Sign-up date: August 11

Something Rotten – Red Curtain Theatre* ☺
 Red Curtain is welcoming the Renaissance and this outrageous, crowd-pleasing musical farce. Brothers Nick and Nigel Bottom are desperate to write a hit play but are stuck in the shadow of that Renaissance rock star known as "The Bard." After hearing the future of theatre is singing and dancing, Nick and Nigel set out to write the world's first musical. There is no meal stop on this trip.

50247 Sun Sep 24 1–5pm \$26 / \$32 NM
 Sign-up date: August 11

* Indicates a non-refundable trip

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



Overnight Trip



Issaquah Fish Hatchery Tour ☺

Autumn is the most active time of year when adult chinook and coho salmon return to the Issaquah Salmon Hatchery, the only urban location in Washington where visitors can get close to a salmon that has returned home to spawn in this unique "outdoor laboratory." We'll enjoy a guided tour and stop for brunch on our way there.

50246 Tue Sep 19 9:15am-2pm \$18/\$24 NM
Sign-up date: August 11

Fairhaven Sin & Gin Tour * ☺☺

Explore Bellingham's history of vice from the early wild-west days through prohibition and beyond when your tour guides "the Good Time Girls" take you through the rise and fall of the town's red-light-district and saloon culture. The walking tour lasts about an hour and covers under 1 mile. We'll dine in Fairhaven before heading home.

50250 Thu Sep 28 1:45-8pm \$32/\$38 NM
Sign-up date: August 11

Lake Wilderness Arboretum ☺

This arboretum features five display gardens, an ethnobotanical trail, a 26-acre forest with hiking trails, and the Children's Discovery Forest. Our docent tour guide will make sure we hit all the best spots to experience the beautiful Autumn colors of the gardens.

50251 Wed Oct 11 12-6pm \$18/\$24 NM
Sign-up date: September 8

Cascade Rose Farms Alpacas* ☺☺

Learn why these adorable animals are so amazing when we visit this family farm that is home to 60 fuzzy alpacas. See and touch products made from their luxurious fiber and learn about their life on the farm. Our tour finishes with an up close alpaca encounter including hand-feeding and lots of photos. Boots or closed toe shoes highly recommended.

50257 Fri Oct 20 9:30am-3pm \$28/\$34 NM
Sign-up date: September 8

Ignite Seattle* ☺☺

Ignite Seattle is an evening of fun, with powerful and surprising stories held at Town Hall Seattle. Each of 10 speakers is given 5 minutes and 20 slides to share a story, teach a lesson, or share a passion for an evening of curated discovery. We have reserved seats for this engaging community event and will stop for dinner on the way.

50252 Thu Oct 26 4-10pm \$20/\$26 NM
Sign-up date: September 8

Fort Nisqually by Candlelight - Tacoma Overnight**

☺☺☺

Campfires and candlelight will provide illumination for this outdoor evening walking tour of Fort Nisqually Living History Museum. After we enjoy dinner on your own in Tacoma, we will embark on a journey to the past, where as guests at Fort Nisqually we'll eavesdrop on more than a hundred historical interpreters bringing to life the men, women, and children of the Hudson's Bay Company in the year 1857. Be entertained by songs, dances, and games. During the tours, these people from the past won't be aware of their 21st century visitors.

After the tour we'll return to our overnight accommodations near the Tacoma downtown area. Day two will include a local sightseeing excursion before the return trip home. The evening walking tour is included in the price of the trip and all participants will join the excursion, which runs rain or shine.

50516 Fri-Sat Oct 6-7
1-3pm \$130/\$156 NM

Sign-up date: August 11 Double Occupancy
Ask about Single Supplement

All trips are fragrance-free.

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TICKETS ARE FREE!

- DATES TO BE ANNOUNCED -

RSVP TO THE CENTER OF YOUR CHOICE



GUESTS WILL BE ENCOURAGED TO MAKE A CONTRIBUTION TO SUPPORT THE OPERATIONS AND PROGRAMS OF YOUR LOCAL CENTER

*The Lynnwood Senior Center will be closed the following holidays:
Independence Day July 4 | Labor Day September 4*



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