

APRIL | MAY | JUNE 2026

The Messenger

LYNNWOOD SENIOR CENTER



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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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LSC Foundation

Board Officers

Sydney Hoard: Chair

Terry Strausser: Treasurer

Donna Schneider: Secretary

David Quarders: Board Member

Tim Radtke: Board Member

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

lynnwoodwasrctrfoundation.org



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

Annemarie Bolender, Jan 2026

Yoko Slater, Feb 2026

Susie Grant, Jan 2026



Cancellation Policies

Registration for trips and courses, including appointment services, without an (*) may be withdrawn for credit up to three business days prior to start date or departure.

* All trips include a \$10 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** Overnight trips may be withdrawn for credit up to 30 days prior to departure.

Cancellations made by LSC generate a full refund.

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 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

LSC operations go forward as scheduled. Trips are determined on a case-by-case bases. Call LSC or check PlayLynnwood.com when Edmonds School District cancels or delays school. In the event of class cancellation due to instructor availability, email is sent to registered participants and a pro-rated refund issued.

LSC Membership \$40/12 months | **LSC Associate Membership Age 61 & Under** \$40/12 months

Services & Discussion Groups

Services



Blood Pressure Checks

Look for Blood Pressure volunteers weekly in the lobby of LSC for a drop-in blood pressure check or to borrow the machine and check it yourself!

Tuesdays 12–1pm Free

Wednesdays 11am–12pm Free

Provider: Remy Obillo & Chin Zimonyi

Foot Care Appointments

This service includes nail trim and a foot massage from an RN. Call LSC to schedule and pay for your thirty-minute appointment.

Mondays 9am–2:30pm \$35/\$40 NM

Provider: Rose Staton

SHIBA

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

80215 Thu Apr 16 12–3pm Free

80371 Thu May 21 12–3pm Free

80370 Thu Jun 18 12–3pm Free

Provider: Laura Ballard

Fuel the Coffee Fund

Every dollar donated to the "Coffee Fund" box will go to the LSC Foundation, which will help provide the funds for coffee and snacks for our community. We appreciate your generosity!

Discussion Groups

Coffee Chat

Join us for conversation and coffee. Snacks and beverages are free with donations accepted. You may bring your own snacks to eat or share with friends.

Mondays–Fridays 9am–1pm Free

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.

April Selection: *Tell Me Everything: The Story of Private Investigation*
By Erika Krouse

80080 Tue Apr 28 1:30–2:30pm Free/\$10 NM

May Selection: *When The Emperor Was Divine*, By Julie Otsuka

80081 Tue May 26 1:30–2:30pm Free/\$10 NM

June Selection: *American Prometheus*
By Kai Bird & Martin Sherwin

80082 Tue Jun 23 1:30–2:30pm Free/\$10 NM

Facilitator: Doug Madison

Chatterboxes

This social group is all about casual conversation, creative projects, and good company. Whether you're working on your own project or simply enjoying the chat, you're welcome to join in.

80085 Fri Apr 3-24 12:30–2:30pm Free/\$10 NM

80084 Fri May 1-29 12:30–2:30pm Free/\$10 NM

80083 Fri Jun 5-26 12:30–2:30pm Free/\$10 NM

Facilitators: Carole Ridling & Sharon Howell

Chinese Chat Group 請加入我們用中文隨意討論

Connect and visit with others who speak a Chinese dialect or identify with Chinese culture and heritage.

80086 Wed, Fri Apr 1-24 10:30am–12pm Free

80216 Wed, Fri May 1-29 10:30am–12pm Free

80439 Wed, Fri Jun 3-26 10:30am–12pm Free

Facilitator: Poon (Koon-Yui) Poon

Movie Watch Party

Movie fans meet weekly to watch a film, popcorn is included. Fourth Wednesdays are set aside for discussion.

April Theme: Circus

*The Greatest Showman (2018);
Water for Elephants (2011);
Trapeze (1956)*

*80077 Wed Apr 1-22
12:30–2:45pm Free/\$10 NM*

May Theme: Travel

*Mrs. Harris Goes to Paris (2022);
The Grand Budapest Hotel (2014);
The Way (2010)*

*80079 Wed May 6-27
12:30–2:45pm Free/\$10 NM*

June Theme: Prodigy

*Queen of Katwe (2017);
Gifted (2017);
King Richard (2022)*

*80078 Wed Jun 3-24
12:30–2:45pm Free/\$10 NM*

Facilitator: Virginia Miscione

Our Choices and Understandings

In a discussion group format, explore current topics to better understand yourself and others.

*80109 Tue Apr 7-25
12:15–1:45pm Free/\$10 NM*

*80088 Tue May 5-26
12:15–1:45pm Free/\$10 NM*

*80087 Tue Jun 2-30
12:15–1:45pm Free/\$10 NM*

Facilitator: Rick Mottau

Parkinson's Disease Support Group

Individuals with Parkinson's, and Parkinson's-like diseases, caregivers and family members are welcome to join this safe and confidential forum to discuss the disease and its effects on daily life.

80441 Mon Apr 13 12–1pm Free

80440 Mon May 11 12–1pm Free

80442 Mon Jun 8 12–1pm Free

Facilitator: Tim Keil

What to Know About Fitness Classes

Enhance Fitness Program

The National Enhance Fitness Program is a series of specially designed and tested exercises developed specifically for older participants. EF is evidence-based and proven to prevent falls. Instructors are trained and certified. Eligible members of Kaiser WA may participate in Enhance classes for free with 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. This class is in person with a hybrid remote option available.

80218	M, W, F Apr 1-27 11:10am-12:10pm \$48/\$72 NM
80221	M, W, F May 1-29 11:10am-12:10pm \$48/\$72 NM
80449	M, W, F Jun 1-29 11:10am-12:10pm \$52/\$78 NM

Instructor: Debby Grant

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.

80305	Mon, Wed Apr 6-27 10-10:50am \$42/\$56 NM
80450	Mon, Wed May 4-27 10-10:50am \$42/\$56 NM
80451	Mon, Wed Jun 1-29 10-10:50am \$54/\$72 NM

Instructor: Marie-Lou Andresen

Location: Lynnwood Recreation Center, Room 102

*No class April 29

★ Hybrid fitness classes meeting in-person have an online option.

Need help? Give us a call.

Intermediate Tap Dance

Dust off your tap shoes and join this fun group of dancers. New people are welcome with previous tap dance experience required — there's lots of support to get you up to speed. Thursday is instruction; Tuesday is practice and rehearsal.

80317	Tue, Thu Apr 2-28 1-2pm \$24/\$32 NM
80318	Tue, Thu May 5-28 1-2pm \$24/\$32 NM
80452	Tue, Thu Jun 1-29 1-2pm \$27/\$36 NM

Instructor: Melissa Olson

Location: Lynnwood Recreation Center, Room 102

Laughter Yoga

A gentle, fun activity that combines intentional laughter with simple breathing exercises and light movement. No jokes or comedy are needed — participants use playful exercises, clapping, and breathing. The class is designed to be accessible for all mobility levels, with options to sit or stand, and focuses on relaxation, social connection, and boosting mood and overall well-being.

79996	Tue, Thu Apr 2-30 9-9:50am \$54/\$72 NM
80456	Tue, Thu May 5-28 9-9:50am \$48/\$64 NM
80457	Tue, Thu Jun 2-30 9-9:50am \$54/\$72 NM

Instructor: Elham Sadeghein

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.

80356	Tue, Thu Apr 2-28 11:10am-12pm \$48/\$64 NM
80308	Tue, Thu May 5-28 11:10am-12pm \$48/\$64 NM
80458	Tue Jun 2-Jul 28 11:10am-12pm \$54/\$72 NM

Instructor: Marie-Lou Andresen

*No class April 30

Lite Fitness

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

80219	Tue, Thu Apr 2-30 10-11am \$36/\$54 NM
80222	Tue, Thu May 5-28 10-11am \$32/\$48 NM
80455	Tue, Thu Jun 2-30 10-11am \$36/\$54 NM

Instructor: Elham Sadeghein

Tai Chi for Sound Health

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 will explore the Sun style. New and continuing learners are welcome.

80382	Mon, Wed Apr 1-27 11-11:50am \$42/\$64 NM
80381	Mon, Wed May 4-27 11-11:50am \$42/\$56 NM
80310	Mon, Wed Jun 1-29 11-11:50am \$54/\$72 NM

Instructor: Marie-Lou Andresen

Location: Lynnwood Recreation Center, Room 102

*No class April 29

Events

Presentations

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

Meet the Mayor Root Beer Float Social

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

80448 Thu Apr 2 2-2:45pm Free

Bunco Party

Join us for this easy to learn, fast paced dice game. We had so much fun last time, we're making it a quarterly event! It's optional to bring treats or snacks to share, and white elephant style prizes. Either way, you're sure to enjoy a good time with friends.

80483 Tue May 5
12:30-2:30pm Free / \$10 NM

LSC Birthday Party

Be sure to attend LSC's quarterly birthday party! Everyone is invited — register early to get your spot. LSC members with birthdays in April, May, and June sign up for free. Sponsored by Edmonds Village Senior Living.

80444 Fri May 8 12:30-2pm Free / \$5 / \$10 NM

Soundview School Orchestra

Join us for a special performance by orchestra students in Grades 3-8 from Soundview School in Lynnwood. We'll meet at LSC before a short walk next door for the performance.

81153 Tue May 19 12:45-2pm Free

Outdoor Recreation Potluck

Come hikers and outdoor enthusiasts for a potluck social!

Bring a simple dish to share, swap trail stories, and enjoy the camaraderie of fellow outdoor enthusiasts. This is the perfect way to unwind, savor great food, and celebrate the adventures we've shared on the trail. We'll have a brief presentation on upcoming outdoor recreation and an opportunity to ask questions. If you're a seasoned LSC participant or looking into joining, this event is for you.

80443 Fri Jun 26 12:30-2pm Free



Personal Safety & Situational Awareness

In this presentation, you will learn about the Lynnwood Police Department and its many functions from our Crime Prevention Specialists. You will also be trained on how to be aware of your surroundings and practical ways to keep yourself safer. We encourage you to share this information with your loved ones!

80445 Tue Apr 28 1-2:30pm Free

eBook and Libby Clinic with Lynnwood Library

Experience an entire library in the palm of your hand with downloadable eBooks! Learn how to access new and popular titles from your favorite internet-connected device and enjoy the convenience of instantly borrowing and returning digital books, magazines and more. Bring your phone or tablet device to learn how to get setup and start using these programs today.

80491 Tue May 12 1-2:30pm Free

Healthy Aging

South County Fire District 1 is joining us for this presentation designed to help older adults remain comfortable and independent in their own homes. This informative session covers signs that you or a loved one may need additional support, explores available care options, and shares practical safety tips including fall prevention, medication safety, and fire safety for older adults. The class is ideal for older adults, family members caring for loved ones, and caregivers seeking helpful guidance and resources.

80446 Tue Jun 9 1-2:30pm Free

Growing Groceries in Small Spaces

Geared towards gardeners that don't have much room, this presentation by Master Gardener Christina Looney shows you that you can grow many edibles in containers, from vegetables to berries to fruit trees!

80447 Tue Jun 23 1-2:30pm Free

Classes & Activities



Chinese Calligraphy Workshop

Bring your own supplies to this weekly workshop to practice your Chinese calligraphy and share insight and skills with others.

80059	Mon Apr 6-27 1-2:45pm Free/\$10 NM
80060	Mon Mar 4-25 1-2:45pm Free/\$10 NM
80058	Mon Jun 1-29 1-2:45pm Free/\$10 NM

Facilitator: Poon (Koon-Yui) Poon

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 and coloring pencils and pens on hand, or bring your own.

80062	Tue Apr 7-28 11am-12:30pm Free/\$10 NM
80061	Tue May 5-26 11am-12:30pm Free/\$10 NM
80063	Tue Jun 2-23 11am-12:30pm Free/\$10 NM

Facilitator: Vee Harris

DIY Crafts: Rock Painting

Painting rocks is not only relaxing but a great way to let your creativity shine. Decorate your outdoor area, give as a whimsical gift, or hide for others to find and enjoy. All materials provided. Pre-registration required.

80069	Fri Jun 12 12:30-2:30pm \$15/\$21 NM
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Instructor: Shelley Coster

Drawing and Painting Techniques for All Artists

You'll learn the fundamentals of drawing 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. Bring your own preferred art supplies.

80057	Thu Apr 2-30 12:30-2:30pm \$30/\$40 NM
80068	Thu May 7-28 12:30-2:30pm \$24/\$32 NM
80067	Thu Jun 4-25 12:30-2:30pm \$24/\$32 NM

Instructor: Donella M Robbins

Flower Arranging

Every week you'll take home an artfully designed flower arrangement. You'll 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.

80107	Wed Apr 1-29 9:30-10:15am \$20/\$30 NM
80108	Wed May 6-27 9:30-10:15am \$16/\$24 NM
80106	Wed Jun 3-24 9:30-10:15am \$16/\$24 NM

Facilitator: Patty Stensvig

Let's Get Crafty – Card Class

Assemble three handmade cards for all occasions. This month we will be working on Summer cards. Supplies are included. Pre-registration required before the first day of class.

80070	Tue Jun 2 12:30-2pm \$8/\$14 NM
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Instructor: Joanne Cooney

Random Acts of Kindness

Join the Kindness Crew for a step back in time to make and deliver May Day baskets! Sign-up for both activities or pick the one that works best for you. Deliveries will be made as a group in the LSC bus. Sponsored by the LSC Foundation.

Basket Assembly

Thu Apr 30 1-2:30pm Free

Basket Delivery

Fri May 1 12:30-2:30pm Free

Facilitators: Shelley Coster & Darlene Moses

Classes & Activities + Games



Ongoing Games



Please register monthly for games

Needle Felting

Wool needle felting is a process where raw wool fibers are transformed into solid, durable art or fabric using small, barbed needles. Bring your own supplies to this fun crafting group, with a focus on social interaction and independent learning. A suggested supply list and project ideas are available at the front desk.

80065	Wed Apr 1-29 10:30am-12pm Free/\$10 NM
80066	Wed May 6-27 10:30am-12pm Free/\$10 NM
80064	Wed Jun 3-24 10:30am-12pm Free/\$10 NM

Facilitator: Darlene Moses

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.

80074	Fri Apr 3-24 10-11:30am Free/\$10 NM
80075	Fri May 1-29 10-11:30am Free/\$10 NM
80076	Fri Jun 5-26 10-11:30am Free/\$10 NM

Facilitator: Myrtle Guild

Service 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.

80073	Mon Apr 6-27 9:30-11am Free
80071	Mon May 4-25 9:30-11am Free
80072	Mon Jun 1-29 9:30-11am Free

Facilitator: Susan Fogarty

Tech Support

If you have questions or need to find out more about your computer, tablet or smart phone, call LSC to schedule a ½ hour appointment to ask our tech support volunteers your questions. Please prepare your tech questions and bring your computer, tablet or smart phone that you need help with to your appointment.

Tuesdays & Thursdays 12:30-2pm Free

Wednesdays 10am-1pm Free

Instructors: Steve Ashurst & Ben Benson

Canasta

Mon 9:30am-12pm Free/\$10 NM

Facilitator: Sharon Jacobson

Bingo

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

Facilitator: Jeff Baird

NEW Pinochle

Tue 9-11:30am Free/\$10 NM

Facilitator: Jan Dahlggaard

Mexican Train (Dominoes)

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

Facilitator: Kay Chorba

Cribbage

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

Facilitator: Barbara Buckler

Party Bridge

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

Facilitator: Mark Yuhus

MahJong

Fri 10am-12:30pm Free/\$10 NM

Facilitator: Kay Chorba

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

Outdoor Recreation

-  HIKING BOOTS ONLY
-  ATHLETIC SHOES OKAY
-  TREKKING POLES RECOMMENDED

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: no cotton
- ✓ 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

Fort Casey, Whidbey Island ♥

Fort Casey's trails offer interpretive signs to educate visitors about the park's history. We'll follow the route along bluff and beach, with panoramic views of Puget Sound, the Cascades and Olympic peaks along with lots of birds. When we depart, we'll make a stop at a favorite shop for treats.

- 2.5 miles
- 200' elevation gain

80526 Thu Apr 9 8:30am-5pm \$28/\$34 NM

Registration: Ongoing

Dosewallips State Park, Olympic Peninsula ♥♥♥

This state park's backyard is the Olympic Mountain Range — its front is Hood Canal. You'll get the best of both ecosystems by traveling through a lush, green forest and then crossing the street to hike a saltwater delta. An added bonus is the ferry ride to our destination.

- **Steam Donkey Loop Trail:** 3.5 miles roundtrip; 400 foot elevation gain
- **Maple Valley:** 1.5 miles roundtrip; 300 foot elevation gain
- **North Tidal Area:** 1.5 mile roundtrip; No elevation gain

80527 Mon Apr 13 7:45am-5:30pm \$34/\$40 NM

Registration: Ongoing

Nisqually National Wildlife Refuge, DuPont ♥♥

Going back to one of our favorite hikes! At the mouth of the Nisqually River is a diverse and rich estuary teeming with birds of all kinds, so make sure you bring your binoculars. Before the hike, enjoy their visitor center which includes interpretive exhibits of the refuge and a gift shop. You will walk along the Nisqually Estuary Boardwalk that goes over the tidal flats of the Nisqually. Then we'll 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 miles round-trip
- Minimal elevation gain

80528 Thu Apr 23 10am-7:30pm \$34/\$40 NM

Registration: Ongoing



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 round-trip
- 1187' elevation

80531 Mon Apr 27 9am-4:30pm \$28/\$34 NM

Registration: Ongoing

Barclay Lake, Hwy 2 ♥♥♥

Barclay Lake Trail offers a scenic hike through lush forests and alongside a tranquil lake. The trail is moderately graded throughout with well-maintained paths that showcase the beauty of the PNW wilderness.

- 4.3 miles round-trip
- 426' elevation

80536 Mon May 4 9am-3:45pm \$28/\$34 NM

Registration opens: Apr 1

Port Gamble Forest, Kitsap Peninsula ♥

Did you know that Port Gamble was built to resemble a town in Maine? We'll start our trek from here to the P.G.F. trails to start our trek through the woods. Our adventure leads through a small field and around beaver ponds. In some areas, you will see evidence of logging, but there is still plenty of old growth forest to enjoy. You may spot a deer along the way. Enjoy lunch on your own in town after the hike.

- 5 miles round trip
- 225' elevation gain

80537 Thu May 14 8am-4pm \$34/\$40 NM

Registration opens: Apr 1

Hikes

Denny Creek and Franklin Falls, I-90 ♥♥♥♥♥ 🥾

We'll start out by making our way to the beautiful Franklin Falls. This trail meanders through old-growth forests along the South Fork Snoqualmie River, leading hikers to the picturesque 70-foot Franklin Falls. The well-maintained path offers river views and lush greenery, making it a delightful experience for nature enthusiasts. Then we'll turn back and do another trail to Denny Creek, where we will eat our lunch. There are technical portions on the trail that require steady feet.

- 4.5 miles round-trip
- 500' elevation gain

80538 Mon May 18 9am-4:45pm \$28 / \$34 NM

Registration opens: Apr 1

Stimpson Family Nature Reserve, Bellingham ♥♥ 🥾

Stroll through 350 acres of undisturbed old-growth forest and thriving wetland ecosystem at the Stimpson Family Nature Reserve, a quiet place where hikers can experience the intricate grandeur of nature. Interpretive signs encourage adults and children to discover the nature of the reserve.

- 4.9 miles
- 300' elevation gain

80539 Thu May 28
8:30am-4:30pm \$28 / \$34 NM

Registration opens: Apr 1

Foster Island Trail, UW Arboretum ♥ 🥾

Foster Island Trail presents a serene urban landscape in UW's arboretum.

This easy, picturesque hike winds through wetlands and wooded areas, offering a peaceful and approachable nature retreat within the city. We will take the Link Light Rail to the UW campus and walk from there, increasing our distance to about 5 miles total. Meet at the Overflow lot. Link fare on your own.

- Up to 5 miles round-trip
- Mostly level

80541 Thu Jun 11 9am-3:15pm \$22 / \$28 NM

Registration opens: May 1

Lime Kiln Trail, Granit Falls ♥♥♥ 🥾

This historic trail follows the path of the old Everett and Monte Cristo Railway, leading hikers through a lush forest adorned with moss-covered trees and ferns. Along the way, you'll encounter remnants of the area's industrial past, including a well-preserved lime kiln from the 1890s and scattered artifacts from former logging camps. The trail meanders alongside the South Fork Stillaguamish River, offering serene river views and opportunities to spot local wildlife.

- 4.7 miles round-trip
- 625' elevation

80542 Mon Jun 15 9am-3:30pm \$28 / \$34 NM

Registration opens: May 1

Ebey's Landing, Whidbey Island ♥♥♥ 🥾

Read about the fascinating history of Ebey's Landing at kiosks located in the historical pioneer cemetery. See a replica small fort and unique tombstones of founding pioneers, then make your way down to the Bluff Trail through farmland. Once there, see stunning views of the Strait of Juan de Fuca while traversing through windblown madrone trees and Sitka roses. There will be some time for strolling on the beach. After the hike, reward yourself with ice cream in the charming town of Coupeville.

- **Bluff and Farm Trail:** 4.5 miles round trip; 300' elevation gain
- **Beach Trail:** 1.5 miles round trip; minimal elevation gain

80544 Thu Jun 25 8am-6pm \$34 / \$40 NM

Registration opens: May 1

* Indicates a non-refundable trip

All trip registrations include a \$10 non-refundable deposit.

Outdoor Adventures



Whitewater Rafting, Leavenworth* ♥♥

Get a thrill paddling through Class III rapids, waves, eddies and currents. Enjoy splendid views of surrounding mountains and wildlife as you paddle on scenic Wenatchee river. A list of gear needed is available through the front desk. *Times subject to change.*

80558 Mon Jun 1
11am-7:30pm \$165 / \$171 NM

Registration ongoing

Thunder Knob, North Cascades Hwy ♥♥♥ 🥾

Begin your hike by walking through the campground along the well signed trail for Thunder Knob. Reach a braided Colonial Creek and cross on a series of bridges. Once across the creek, you will see the former rocky creek bed. Follow the rock-lined path through it and end up at the edge of the forest. Then hike up and reach the top of Thunder Knob. A short spur to the left will take you to benches to rest, eat a snack (but watch out for thieving chipmunks), and take in the views. From this viewpoint, look below you at the clear turquoise water of Diablo Lake and Diablo Dam in the distance. Diablo Dam was completed in 1930 and at 389 feet was the highest dam in the world at that time.

- 3.6 miles
- 635' elevation gain

80545 Mon Jun 29 8am-6pm \$34 / \$40 NM

Registration opens: May 1

Trips

April Trips

Sign-up ongoing. Ask about current registration availability.

- April 8** Kubota Garden Tour
- April 16** Muckleshoot Casino
- April 21** Discovery Park & Daybreak Center
- April 25** Olympia Arts Walk



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 *

***All trips include a \$10 non-refundable deposit.**

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

Step Afrika! – Federal Way PAEC* ☺

Experience the electrifying energy of *Step Afrika!*, the company that has transformed the tradition of stepping — rooted in the proud legacy of historically African American fraternities and sororities — into a global sensation. Their performances blend percussive dance, traditional African movement, contemporary choreography, and powerful storytelling into one showcase. We will leave early for a dinner stop on your own before the performance.

80465 Wed May 6 3:30–9:30pm \$76 / \$82 NM

Sign-up date: April 10

Meerkerk Gardens – Whidbey Island ☺☺☺

The 10-acre centerpiece of the Meerkerk Gardens on Whidbey Island is comprised of many garden rooms, which the Meerkerks began creating in the early 1960s. Inspired by the Rothchild's Exbury Garden in England, the Meerkerks wished to create a fine collection of rhododendrons and companion plants in a gorgeous Pacific Northwest setting. New features have been added since our last visit! We will enjoy sack lunch on the grounds of the garden before our ferry ride home.

80466 Wed May 13 8:30am–3pm \$38 / \$44 NM

Sign-up date: April 10

Everett Philharmonic – Listener's Choice* ☺

Under the baton of guest conductor Bobby Collins, this season-highlight event features pieces selected by audience members, including Bernstein's spirited Overture to *Candide*, Mendelssohn's joyful Italian Symphony, and Tchaikovsky's dramatic Piano Concerto No. 1 with pianist Ross Salvosa. We'll make dinner stop on your own on the way home.

80467 Sun May 17 1:45–6:45pm \$42 / \$48 NM

Sign-up date: April 10

Architecture Walking Tour – Seattle Center: The World's Fair & Beyond* ☺☺☺☺

The Seattle Architecture Foundation's (SAF) expert guides share their knowledge to advance a better understanding of architecture, landscapes, and urban design practices that shape our city. The 1962 World's Fair brought international attention to Seattle and the city prepared by creating a fairground that still hosts some of its most iconic structures. On this architect-guided tour, you'll explore the design and history of those iconic structures. This tour includes a number of stairs without access to elevators. This is a Link Light Rail and Monorail trip and will cost an additional \$2 each way using a senior ORCA card, or regular rate for each transfer.

80468 Wed May 27 8:30am–2pm \$32 / \$38 NM

Sign-up date: April 10

*** Indicates a non-refundable trip**

All trips are fragrance-free.



Fiber Fusion NW ☺☺

This unique event at the Monroe fairgrounds, suitable for curious beginners to seasoned fiber artists, features more than 90 vendors showcasing yarns, roving, hand-crafted goods, and all things fiber related. Throughout the day you can learn about spinning, knitting, weaving, dyeing, and felting, watch live demonstrations, meet fiber animals up close, and check out the fleece and fiber arts shows. Food vendors onsite.

80469 Sat Jun 6 9:30am–3pm \$22 / \$28 NM

Sign-up date: May 8

Edmonds College Farm Tour ☺☺

The goal of the campus community farm is to bring a diverse array of students, faculty, and staff around sustainable living practices and take advantage of an under-utilized space. We will get a student led tour of the farm, that boasts over 20 raised beds, a variety of perennial edible trees and shrubs, a collection of bee-loving flowers, an edible rain garden, and a hoop house.

80470 Mon Jun 8 9:30–11:30am \$10 / \$16 NM

Sign-up date: May 8

Hibulb Cultural Center & Sunnyside Nursery ☺☺

Discover the stories and traditions of the Tulalip Tribes with a guided visit to the Hibulb Cultural Center. This immersive experience explores exhibits highlighting Coast Salish history, culture, and art, offering meaningful insight into the heritage of the region. Our tour includes an opportunity to create a small woven craft inspired by traditional weaving practices. After the tour we will head over to Sunnyside Nursery for some time to browse and shop. A lunch stop will be included.

80471 Tue Jun 16 9:30am–3:30pm \$34 / \$40 NM

Sign-up date: May 8

Brinnon ShrimpFest ☺☺

We'll start the day with an early morning ferry ride to this lively waterfront festival that honors the region's famous spot shrimp with delicious seafood, live music, local vendors, and family-friendly fun. Enjoy freshly prepared shrimp meals, browse arts and crafts booths, and soak in the scenic beauty of the Hood Canal.

80472 Sat Jun 20 8am–4:45pm \$38 / \$44 NM

Sign-up date: May 8

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 Lynnwood 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. We'll meet at the Overflow lot to begin the trip. Ask at the front desk for information on a senior ORCA card if you are 65+.

50244 Wed Jun 24 10am–2pm \$18 / \$24 NM

Sign-up date: May 8

Island Adventures Whale Watching* ☺☺

Experience the beauty of the Salish Sea on this whale watching adventure. Departing from Anacortes, this guided tour offers the chance to spot orcas, humpbacks, and other marine wildlife while learning from expert naturalists aboard the Island Adventure 5. It's an unforgettable 3-4 hours on the water. Snacks and drinks are available for purchase onboard or pack a lunch.

80473 Tue Jul 7 8am–4:30pm \$150 / \$156 NM

Sign-up date: June 12

Redmond Arts Festival ☺☺

Experience the lively annual festival of curated designers, artists, and craftspeople with unique and beautifully crafted fine art, sculpture, wearable art and jewelry, and handmade crafts. Spend the afternoon browsing among the 60 vendor booths and activities or indulge in a little shopping at the host site Redmond Town Center.

80474 Sat Jul 11 12–5pm \$22 / \$28 NM

Sign-up date: June 12



North Cascades

Visitor Center (& BBQ!) ☺☺

Located near Newhalem along State Route 20, the center offers interactive exhibits on the region's wildlife, geology, and cultural history, along with a short film that introduces the park's rugged peaks and glacial landscapes. The surrounding area features easy walking paths and access to scenic viewpoints, making it a perfect starting point for exploring the North Cascades. Before or after our visit we'll grab a delicious bite at Double Barrel BBQ in Sedro-Wolley.

80475 Thu Jul 16 8am–5:30pm \$28 / \$34 NM

Sign-up date: June 12

U-Pick Produce – Bellingham ☺☺

We'll head up north to Whatcom County to seek out ripe summer produce ready for picking!

81028 Wed Jul 22 8:30am–3:30pm \$24 / \$30 NM

Sign-up date: June 12

Oliver! at Kitsap Forest Theatre* ☺☺☺☺

Experience *Oliver!* at Kitsap Forest Theater, a unique open air venue nestled in the woods of Bremerton. Founded in 1923 and home to one of the longest running outdoor community theater traditions in the PNW, the theater is known for its rustic charm and productions performed beneath towering evergreens. The moderately steep trail walk to the bench seating takes about 10–15 minutes. Cushioned seats are available to rent for \$5 cash, or you may bring your own. Pack a lunch or buy something on the ferry to enjoy in the outdoor picnic area before the show.

80476 Sat Jul 25 10:15am–6:45pm \$62 / \$68 NM

Sign-up date: June 12

City of Lynnwood
19100 44th Avenue West
Lynnwood, WA 98036

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LSC FOUNDATION

Red, White & Blue
SHORTCAKE FUNDRAISER



**WEDNESDAY
JUNE 24** | **LSC LOBBY**
10:30am - 12:30pm

\$5 EACH | **No registration required**
Donations accepted | *Donations directly benefit LSC*

**LSC FOUNDATION
YEARLY EVENTS**

The LSC Foundation hosts quarterly fundraising events at the Lynnwood Senior Center.

— ★ ★ ★ —

Join us in 2026:

- Winter: Spring Ala Mode
- Spring: Strawberry Shortcake Social
- Summer: Spaghetti and Wine Dinner
- Fall: Craft and Bake Sale

— ★ ★ ★ —

Attending these events is a fun and simple way to support the LSC Foundation and, ultimately, the Lynnwood Senior Center!

THE LYNNWOOD SENIOR CENTER WILL BE CLOSED ON THE FOLLOWING:

Memorial Day MAY 25	Juneteenth JUN 19
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