

JANUARY | FEBRUARY | MARCH 2024

The Messenger

LYNNWOOD SENIOR CENTER



Hot Tub Club p8

Snowshoe Trips Begin p12

Leavenworth Overnight p13

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

Tim Rodke: Secretary

Jennifer Dennis: 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

Gerald Dollar, April 2023

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Registration for activities without an (*) may be withdrawn for credit up to three business days prior to departure.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** Overnight trips may be withdrawn for credit up to 30 days prior to departure.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



L-R: Terry Strausser, Treasurer; Syndey Hoard, Board Chair; Tim Radtke, Secretary. Not pictured Dave Quarders, Jennifer Davis.

2023 Bake Sale Success!

This year's bake sale brought \$1,500 in purchased items and donations. All proceeds directly benefit LSC, including things like scholarships, Thanksgiving catering and new snowshoe equipment.

The Lynnwood Senior Center Foundation managed the sale independent of LSC. Many thanks to them for their time and hard work, to the bakers donating items, and to everyone who stopped by to support our community — and enjoy tasty treats.

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. 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. 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 standing position with optional chair support. This class is in person, with a hybrid remote option available.

54987	M, W, F Jan 3-31 11:10am-12:10pm \$48/\$72 NM
54988	M, W, F Feb 2-28 11:10am-12:10pm \$44/\$66 NM
54989	M, W, F Mar 1-29 11:10am-12:10pm \$52/\$78 NM

Instructor: Debby Grant & Valeriano Frank Mateo
Location: Lynnwood Recreation Center, Fitness Studio
*No class Jan. 1, 15 & Feb. 19

Lite Enhance Fitness ★

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

54990	Tue, Thu Jan 2-30 10-11am \$36/\$54 NM
54991	Tue, Thu Feb 1-29 10-11am \$36/\$54 NM
54992	Tue, Thu Mar 5-28 10-11am \$32/\$48 NM

Instructor: Valeriano Frank Mateo
Location: LSC 1 & 2

Tai Chi Chuan

The soft and hard Yang style will be taught with a focus on learning key concepts of the form as a self-defense. You will learn to increase your confidence and personal 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. Suitable for all fitness levels.

55002	Tue, Thu Jan 2-30 11:30am-12:20pm \$54/\$72 NM
55004	Tue, Thu Feb 1-29 11:30am-12:20pm \$54/\$72 NM
55003	Tue, Thu Mar 5-28 11:30am-12:20pm \$48/\$64 NM

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

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

Tai Chi for Sound Health

Tai Chi is a traditional Chinese form of martial arts practiced primarily for its health benefits. Scientific studies show that practicing tai chi benefits chronic conditions such as arthritis, heart disease, diabetes and more. It 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.

55001	Mon, Wed Jan 3-31 11-11:50am \$48/\$64 NM
55000	Mon, Wed Feb 5-28 11-11:50am \$42/\$56 NM
54999	Mon, Wed Mar 4-27 11-11:50am \$48/\$64 NM

Instructor: Marie-Lou Andresen

Location: Lynnwood Recreation Center, Room 102

*No class Jan. 1, 15 & Feb. 19

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. This class is in person, with a hybrid remote option available.

55007	Tue, Thu Jan 2-30 9-9:50am \$54/\$72 NM
55006	Tue, Thu Feb 1-29 9-9:50am \$54/\$72 NM
55005	Tue, Thu Mar 5-28 9-9:50am \$48/\$64 NM

Instructor: Marie-Lou Andresen

Location: LSC 1 & 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.

54996	Tue, Thu Jan 9-30 1-2pm \$18/\$24 NM
54998	Tue, Thu Feb 1-29 1-2pm \$30/\$40 NM
54994	Tue, Thu Mar 5-28 1-2pm \$24/\$32 NM

Instructor: Melissa Olson

Location: Lynnwood Recreation Center, Room 102



Line Dance

Line dance is all about moving and having fun. Is 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.

54995	Tue, Thu Jan 2-30 11:10am-12pm \$54/\$72 NM
54993	Tue, Thu Feb 1-29 11:10am-12pm \$54/\$72 NM
54997	Tue, Thu Mar 5-28 11:10am-12pm \$48/\$64 NM

Instructor: Marie-Lou Andresen

Location: LSC 1 & 2

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!

55008	Tue, Thu Jan 2-30 9-10am \$54/\$72 NM
55010	Tue, Thu Feb 1-29 9-10am \$54/\$72 NM
55009	Tue, Thu Mar 5-28 9-10am \$48/\$64 NM

Instructor: Joan Harrison

Location: Lynnwood Recreation Center, Fitness Studio

Classes & Activities



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.

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.

Is Spanish your language? 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.

54855 Mon Jan 8-29 11:30am–12:30pm Free

54857 Mon Feb 5-26 11:30am–12:30pm Free

54856 Mon Mar 4-25 11:30am–12:30pm Free

Instructor: Teresa Olmos Montano

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 and other dialects.

54828 Wed, Fri Jan 3-31 10–11:30am Free

54812 Wed, Fri Feb 2-28 10–11:30am Free

54854 Wed, Fri Mar 1-29 10–11:30am Free

Facilitator: Poon (Kyun-Yui) Poon

Queen Bees

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

**54868 Wed Jan 3
11:30am–12:30pm Free / \$10 NM**

**54867 Wed Feb 7
11:30am–12:30pm Free / \$10 NM**

**54869 Wed Mar 6
11:30am–12:30pm Free / \$10 NM**

Instructor: Ellie Norsworthy-Tingley

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, pens, and markers provided.

**54860 Tue Jan 2-30
11am–12:30pm Free / \$10 NM**

**54858 Tue Feb 6-27
11am–12:30pm Free / \$10 NM**

**54859 Tue Mar 5-26
11am–12:30pm Free / \$10 NM**

Facilitator: Jackie Green & Don Pullman

DIY Crafts:

Eggstraordinary Decoupage

Transform ordinary (faux) eggs into stunning works of art. In this workshop we'll explore the technique of decoupage, a method that involves decorating surfaces with cut and layered paper. Other techniques will be explored to add depth and texture to your creations. From stencils and napkins to fabric and ribbons, this class encourages you personalize each egg with your unique style. Supplies included. Pre-registration required.

54973 Fri Mar 8 12:30–2:30pm \$10 / \$16 NM

Instructor: Shelley Coster

Classes & Activities + Games



Flower Arranging

Brighten your day with flowers and friends. Every week you'll take home a self-designed floral bouquet. 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.

54978	Wed Jan 3-31 9:30–10:30am \$20/\$30 NM
54979	Wed Feb 7-28 9:30–10:30am \$16/\$24 NM
54980	Wed Mar 6-27 9:30–10:30am \$16/\$24 NM

Instructor: Patty Stensvig

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 are provided.

54865	Mon Jan 8-29 9:30–11am Free
54864	Mon Feb 5-26 9:30–11am Free
54866	Mon Mar 4-25 9:30–11am Free

Facilitator: Josephine O'Shaughnessy

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.

54861	Fri Jan 5-26 10–11:30am Free/\$10 NM
54862	Fri Feb 2-23 10–11:30am Free/\$10 NM
54863	Fri Mar 1-29 10–11:30am Free/\$10 NM

Facilitator: Myrtle Guild

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.

54974	Thu Jan 4-25 12:30–2:30pm \$24/\$32 NM
54976	Thu Feb 1-29 12:30–2:30pm \$30/\$40 NM
54975	Thu Mar 7-28 12:30–2:30pm \$24/\$32 NM

Instructor: Donella M Robbins

Let's Get Crafty – Card Class

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

54977	Fri Feb 2 12:30–2pm \$8/\$14 NM
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Instructor: Joann Cooney

Tech Support

If you have questions or need to find out more about your computer, tablet or smart phone, call LSC to schedule your individual thirty-minute appointment or check-in at the front desk for drop-ins to ask our tech support volunteers your questions. Please prepare your questions and bring your computer, tablet or smart phone that you need help with to your appointment.

Wednesdays 11am–12pm Free
Thursdays 12:30–2:30pm Free

Instructors: Ben Benson & Cathy Webb

Ongoing Games



Bingo

Mon 12–2:30pm Free/\$10 NM

Facilitator: Claudette Martinez

Canasta

Mon 10am–12:30pm Free/\$10 NM

Facilitator: Sharon Jacobson

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: Mark Yuhas

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

Services & Discussion Groups

Services



What to Know

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 in the lobby of LSC for a drop-in blood pressure check!

Tuesdays 12-1pm Free

Wednesdays 11am-12pm 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

*No appointments Jan. 1, 15 & Feb. 19

SHIBA Appointments

Statewide Health Insurance Benefits Advisors can help you with your questions about Medicare. Bring your Medicare card with you.

54914 Thu Jan 18 12-3pm Free

54916 Thu Feb 15 12-3pm Free

54915 Thu Mar 21 12-3pm Free

Provider: Laura Ballard

Discussion Groups

Book Discussion Group

We read modern fiction and occasionally classics. 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 and join us on the fourth Tuesday for discussion.

January Selection:

***The House of Hope and Fear*
by Audrey Young**

54894 Tue Jan 23 1:30-2:30pm Free/\$10 NM

February Selection:

***Life From Scratch*
by Sasha Martin**

54986 Tue Feb 27 1:30-2:30pm Free/\$10 NM

March Selection:

***Everything I Never Told You*
by Celeste Ng**

54985 Tue Mar 26 1:30-2:30pm Free/\$10 NM

Facilitator: Doug Madison

Chatterboxes

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

54924 Fri Jan 5-26 12:30-2:30pm Free/\$10 NM

54923 Fri Feb 2-23 12:30-2:30pm Free/\$10 NM

54922 Fri Mar 1-29 12:30-2:30pm Free/\$10 NM

Facilitator: Ginger Kemp

Hot Tub Club

Meet weekly in the lobby of the recreation center for this experience socializing! Dive into engaging discussions while soaking in the warmth of a bubbling hot tub. Unwind, socialize, and share your thoughts — all in a cozy, aquatic setting!

55392 Thu Jan 4-25 1-2pm

55393 Thu Feb 1-29 1-2pm

55394 Thu Mar 7-28 1-2pm

Facilitator: Carol Porth Rec Center Day Pass \$7

Meet at Rec Center Lobby

10 visit pass for reduced daily rate

Comparative Religions

Comparative Religion is the historically informed consideration of commonalities and differences among religions throughout time. In a moderated group discussion, some major religions and their doctrines will be examined. This may include Christianity, Judaism, Islam, and Buddhism and others, with a focus on understanding and respect.

54917 Mon Jan 8-29 1-2:30pm Free/\$10 NM

54921 Mon Feb 5-26 1-2:30pm Free/\$10 NM

54918 Mon Mar 4-25 1-2:30pm Free/\$10 NM

Facilitator: Abdulrab Tarshi

Movie Watch Party

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

January: Sundance Film Festival

***Little Miss Sunshine* (2006);
CODA (2021); *RBG* (2018)**

54983 Wed Jan 3-24 12:30-2:45pm Free/\$10 NM

February: Buddies

***Butch Cassidy & The Sundance Kid* (1969);
Beaches (1998); *The Intouchables* (2011)**

54982 Wed Feb 7-28 12:30-2:45pm Free/\$10 NM

March: Cool Cars

***My Cousin Vinny* (1992);
Ford vs. Ferrari (2019); *Goldfinger* (1964)**

54981 Wed Mar 6-27 12:30-2:45pm Free/\$10 NM

Facilitator: Virginia Miscione

Our Choices and Understandings

This discussion group geared towards greater understanding explores personal matters and current events.

54927 Tue Jan 2-30 12:30-2pm Free/\$10 NM

54926 Tue Feb 6-27 12:30-2pm Free/\$10 NM

54925 Tue Mar 5-26 12:30-2pm Free/\$10 NM

Facilitator: Rick Mottau

Presentations

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

Habitat for Humanity

Join us for an insightful presentation on Habitat for Humanity, where we'll explore the organization's mission to build homes and hope. Discover how they empower communities, engage volunteers, and make a lasting impact on affordable housing worldwide.

55013 Tue Jan 16 1-2pm Free

Fraud Prevention with Navy Federal Credit Union

Delve into strategies and insights that safeguard your financial well-being. Join Navy Federal to learn how to ensure a secure banking experience and protect you from potential fraud risks.

55014 Tue Jan 23 1-2pm Free

ACT to Save a Life: Antidote, CPR, and Tourniquet

ACT To Save a Life is a one hour first aid class that focuses on three skills you can use to save a life in the first few minutes of an emergency:

- Antidote (Narcan) for suspected opiate overdoses.
 - CPR and AED training for cardiac arrest.
 - Tourniquet for severe bleeding control.
- This is not a certification course.*

55033 Tue Feb 6 1-2pm Free

Recycling with Public Works

Meet with Lynnwood Public Works for a presentation on recycling and explore the transformative journey of waste to resource. Discover how sustainable practices contribute to a cleaner environment, how to properly recycle waste, and learn about the pivotal role Public Works plays in fostering a culture of recycling in our community.

55015 Tue Feb 13 1-2pm Free

Kombucha Presentation

Spend time with Shayla for an exciting journey into the world of fermented teas, where you'll learn the art and science behind kombucha. We'll explore what kombucha is, how it's made, and have an opportunity to try some out. After the presentation, be sure to register for Kombucha Crafting 101 Workshop so you can begin brewing your own kombucha at home.

55017 Tue Feb 27 1-2pm Free

Disaster Preparedness with South County Fire

Learn how to prepare and care for your family in a disaster in this one-hour training presented by South County Fire:

- Overview of disasters known to Washington.
- How to start a preparedness kit for your family,
- Basic steps to creating a family disaster plan.
- Shutting off utilities.

55034 Tue Mar 5 1-2pm Free

Spring 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, resident herbalist Shayla Gearin will explore some common native plants available for forage in the spring and some common preparations for them.

55037 Tue Mar 26 1-2pm Free

Events

Thirsdays Social

Take part for "Thirsdays" — a warm and welcoming social event every third Thursday! Meet new friends, enjoy refreshments, engage in casual conversations, and explore upcoming programming. Whether you're a longtime member or new, come and connect with our community in a relaxed and friendly atmosphere.

55038 Thu Jan 18 12-1pm Free

55039 Thu Feb 15 12-1pm Free

55040 Thu Mar 21 12-1pm Free

Birthday Celebration Luncheon

Be sure to sign-up for birthday lunch and celebrations. If your birthday is in January, February, or March and you're a Lynnwood Senior Center member, you may register for free.

55016 Fri Feb 16 12-2:30pm \$5/\$10 NM

Meet the Mayor Root Beer Float Social

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.

55018 Wed Feb 28 2-2:45pm Free

Nowruz (Persian New Year) Celebration

Celebrate the arrival of spring and the Persian New Year with friends at LSC! Join us for a vibrant gathering featuring a delightful Persian lunch. Embrace the spirit of renewal and as we come together to welcome the season of growth and rebirth.

55036 Tue Mar 19 12-2pm \$10/\$16 NM


Workshops

Kombucha Crafting 101 Workshop*

Unlock the secrets of crafting your own delicious and healthful kombucha in our immersive Kombucha Crafting 101 class. In this hands-on workshop Shayla Gearin will guide you through making your own kombucha, from selecting the finest tea leaves to nurturing the symbiotic culture of bacteria and yeast, guiding you through every step. All necessary materials and equipment are included.

55035 Tue Mar 12 12-2pm \$40/\$50 NM

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

Walking Group

Join our weekly community walk through Lynnwood! Explore diverse routes each week on a refreshing one-hour stroll. Discover new sights, enjoy lively conversations, and embrace the joy of walking with neighbors and friends in our vibrant community.

Group meets at 10:50am in the LSC lobby and walks for 45min-1hr. Dogs and well-behaved people encouraged to join. Come early or stay late for coffee and snacks in the LSC dining room.

55056

Thursdays 11am-12pm Free

Urban Hikes

What to Know About Urban Hikes

Would you like to hike all year but don't want to commit to long periods of time out in the weather? Urban Hikes are shorter in duration and distance so that people can enjoy the outdoors year-round, in all seasons. Trip times include bus transportation and some indoor activity, according to the destination and plan.

Snohomish Urban



We'll walk along the Snohomish River and into the quaint town of Snohomish to explore the eclectic shops, Victorian architecture, and picturesque streets. After our walk, we'll have some time in town for lunch and shopping.

- 2.6 miles round-trip
- 100 feet elevation

55057 Wed Jan 17 10am-2pm \$14/\$20 NM

Pioneer Square Historic District Walk and Talk



Join us for an urban walk through Pioneer Square in Seattle. Immerse yourself in the city's rich history, marvel at the historic architecture, and learn captivating tales of Seattle's past. We'll stroll through cobblestone streets and uncover the vibrant cultural tapestry of this iconic neighborhood and have some time on our own for lunch at one of the many new and old dining options.

- 1 mile round-trip
- Mostly level

55058 Wed Feb 14 10am-3pm \$14/\$20 NM



Edmonds Waterfront



Experience the charm of Edmonds with a leisurely stroll along the waterfront and into the town center. We'll take in views of the scenic shorelines, Puget Sound, and Olympic Mountains, watch ferries glide by, and have time to explore the local shops and restaurants. Food and other purchases on your own.

- 2 miles round-trip
- Mostly level

55059 Wed Feb 26 10am-2pm \$14/\$20 NM

Outdoor Recreation

Hikes



Story House Loop at the Whidbey Institute, Clinton



The Story House Loop hike offers a scenic adventure through lush forests and serene landscapes. As you wander through the towering trees and peaceful surroundings, you'll encounter the captivating Story House ruins, adding a historical touch to your outdoor experience.

- 2.8 miles round-trip
- 430 feet elevation

55060 Mon Jan 22 10am–4:30pm \$30/\$36 NM

Dungeness Recreation Area, Sequim ♥♥♥



Join us as we traverse picturesque trails surrounded by lush forests, leading to stunning views of the Strait of Juan de Fuca. Encounter diverse wildlife and breathe in the fresh coastal air on this unforgettable outdoor adventure. Ferry trip included in registration. Pack a lunch and plan on bringing cash or card for a pit stop on the way back.

- 3 miles round-trip
- 500 feet elevation

55061 Wed Jan 31 8am–6:30pm \$55/\$61 NM

Japanese Gulch, Mukilteo



Explore the beauty of Japanese Gulch in Mukilteo! Wander through serene trails, discover hidden waterfalls, and enjoy scenic viewpoints overlooking the Puget Sound. Immerse yourself in nature's tranquility on this captivating hike.

- 4 miles round-trip
- 670 feet elevation

55062 Mon Feb 5 10am–2:30pm \$16/\$22 NM

Meadowdale Beach Park



This serene hike winds through lush forests, leading to a stunning beachfront along the Puget Sound. We'll hike down to the beach and then hike back up on our way out, working up a sweat along the way.

- 2.5 miles round-trip
- 420 feet elevation

55063 Mon Mar 4 10am–2:30pm \$14/\$20 NM

Snoqualmie Valley Trail #5, East Tokul Trail, Snoqualmie



Enjoy the peaceful ambiance of the Snoqualmie Valley Trail. Witness the icy charm of the Snoqualmie River, and relish the serene, snowy vistas on this tranquil, easy hike.

- 4.5 miles round trip
- 300 feet elevation gain

55064 Wed Mar 13 10am–3:30pm \$20/\$26 NM

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

All trips are fragrance-free.

Outdoor Recreation

Snowshoe Trips



Snowshoe 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

Hyak Sno-Park, I-90

♥ - ♥♥♥


This Sno-Park is great for those who are new to snowshoeing. We'll 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's no lodge, nor equipment rental facilities at this location.

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

53744 Wed Jan 10 9am-4:30pm \$32/\$38 NM

Big Four Meadow, Mt Loop Hwy

♥♥ - ♥♥♥♥♥

(depending on road closure) 

Highlights include stomping 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. There is a picnic shelter where you can enjoy your lunch. No lodge available at this location.

- 2- 5.5 mile round-trip
- 250 feet elevation gain

53745 Wed Jan 24 9am-5pm \$28/\$34 NM

Gold Creek Sno-Park, Snoqualmie ♥♥♥

Experience the winter wonderland of Gold Creek Pond on a snowshoe trip! Wander through snow-covered trails surrounded by breathtaking mountain scenery in Snoqualmie Pass. Enjoy the tranquility of this frozen alpine landscape and relish the beauty of the crystalline pond amidst a snowy paradise.

- 2.5 miles round-trip
- 100 feet elevation

55041 Wed Feb 7 9am-5pm \$29/\$35 NM

Trollhaugen, I-90

♥♥♥♥ - ♥♥♥♥♥

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

Loop one: 4 mile; 200 foot elevation gain
Loop two: 2 mile; 50 foot elevation gain

55043 Wed Mar 6 9am-4:30pm \$28/\$34 NM

Mt Rainier Snowshoe

♥♥♥

Embark on a thrilling snowshoe adventure to Mount Rainier, exploring it's stunning winter landscapes. Traverse snow-covered trails, marvel at breathtaking vistas, and experience the incredible beauty of this iconic national park.

55044 Wed Mar 20 8am-7:30pm \$38/\$44 NM

Overnight Trip



Leavenworth Overnight** ☺☺ – ☺☺☺

Escape to a winter wonderland with our overnight trip to the charming Bavarian town of Leavenworth. On the first day, either take a snowshoe trip through picturesque landscapes or explore the town's delightful shops and cafes. On day two, immerse yourself in the magic of the season with a delightful sleigh ride experience. Revel in cozy accommodations, festive ambiance, and unforgettable memories on this enchanting getaway. Trip fee includes transportation, overnight accommodation, and sleigh ride. Optional snowshoe and all other purchases on own.

55042 Wed-Thu Feb21-22
9am-6pm \$225 / \$245 NM
Ask about single room supplement
Registration now open.



January Trips

Sign-up ongoing. Ask about current registration availability.

- Jan 23** Life in the Arctic – National Geographic Live*
- Jan 16** Seattle Central Library Tour (updated date)
- Jan 31** Ride the Link: Feeling Bookish

UW Women's Gymnastics

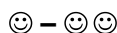


Cheer on the UW Women's Gymnastics Team's amazing feats of athleticism on beam, bars, floor, and vault when they take on PAC-12 rivals the Utah Utes at Hec Ed Pavilion. With multiple events happening simultaneously throughout the competition, there's never a dull moment.

54919 Sat Feb 10 11am-4pm \$15 / \$21 NM

Sign-up date: Jan 12

Random Acts of Kindness – 1 Year Anniversary



Let's travel with a purpose to share kindness. Several stops will be made to lift spirits and spread joy in honor of our Kindness Crew's one-year anniversary.

54920 Tue Feb 13 10am-3pm \$5 / \$11 NM

Sign-up date: Jan 12



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



Asia Pacific New Year Celebration ☺☺ – ☺☺☺

The 2024 Annual Asia Pacific New Year Celebration is a community-based arts and culture exhibition that highlights different societies and customs. This year, featuring Taiwan, the day is filled with exciting performances, martial arts demonstrations, culture and arts displays, authentic cuisine, and a variety of vendors and resource booths. This is APCC's signature event held at the Tacoma Dome for over two decades, bringing thousands of people together to experience a rich diversity of traditions.

54947 Sat Feb 24 10:30am–4pm \$22/\$28 NM

Sign-up date: Jan 12

Suquamish Museum ☺☺

Discover the place of the clear salt water and explore the history of Agate Passage. To visit the traditional winter home Chief Seattle and the heart of the Suquamish People, we'll take a ferry across the water to tour the Suquamish Museum and other sites in the area. We'll include a stop for lunch along the way.

54960 Tue Feb 28 8am–3:30pm \$28/\$34 NM

Sign-up date: Jan 12

Jersey Boys at TMP* ☺

Jersey Boys is a musical biography of the Four Seasons — the rise, the tough times and personal clashes, and the ultimate triumph of a group of friends whose music became symbolic of a generation. Far from a mere tribute concert, Jersey Boys gets to the heart of the relationships at the center of the group — with a special focus on front man Frankie Valli, the small kid with the big falsetto.

54967 Sat Mar 2 12:15–7:30pm \$52/\$58 NM

Sign-up date: Feb 9

Chocolates & Shopping*

☺☺ – ☺☺☺

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

54961 Wed Mar 6 8:45am–4pm \$28/\$34 NM

Sign-up date: Feb 9

Outback Wildlife & Kangaroo Farm* ☺☺

From wallabies to kangaroos, lemurs, peacocks and miniature goats, the exotic wildlife at Outback delights and intrigues visitors as knowledgeable staff walk us through the farm sharing interesting facts about their animals. We'll stop for food along the way.

54965 Thu Mar 14 9am–2pm \$26/\$32 NM

Sign-up date: Feb 9

BINGO at Rhodes River Ranch, Arlington ☺

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.

54966 Wed Mar 20 4–9pm \$18/\$24 NM

Sign-up date: Feb 9

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

* Indicates a non-refundable trip



Cherry Blossoms and Suzzallo

☺☺☺ – ☺☺☺☺

We'll take a leisurely stroll through two historical treasures of the University of Washington campus, starting with the Cherry Blossom trees in full bloom. Next up is Suzzallo Library, an architectural and historical treasure considered the 'soul of the University.'

54968 Tue Mar 26 10am–3pm \$15/\$21 NM

Sign-up date: Feb 9

Ride the Link – Microsoft & East Link Preview

☺☺☺

Check out the newest addition to the Link Light Rail system opening this Spring. We'll start our trip driving to the Microsoft Campus Visitors Center to explore the future of AI and learn more about their journey from garage startup to global technology leader. Then we'll hop over to the new Redmond Technology Station for a Link trip to the South Bellevue Station and back.

54969 Wed Apr 3 10am–3pm \$15/\$21 NM

Sign-up date: Mar 8

Skagit Valley Tulip Festival*

☺☺

Every year, the Tulip Festival is a favorite trek. We'll drive around the tulip fields and visit both Roozengaarde and Tulip Town. Each destination offers opportunities to explore indoor and outdoor display gardens and allows you to walk the tulip fields.

54970 Wed Apr 17 9am–3pm \$22/\$28 NM

Sign-up date: Mar 8

English at ArtsWest*

☺

Winner of the 2023 Pulitzer Prize in Drama, The New York Times calls English "A rich new play! Both contemplative and comic." Two words set in motion award-winning playwright Sanaz Toossi's intricate and profound New York debut: "English Only." This is the mantra that rules one classroom in Iran, where four adult students are preparing for the TOEFL — the Test of English as a Foreign Language. They hope that one day, English will make them whole. But it might be splitting them each in half. We'll take time to enjoy dinner in West Seattle before we return.

54971 Sun Apr 21 1:45–7:30pm \$44/\$52 NM

Sign-up date: Mar 8

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 Pacific Northwest setting. We will enjoy sack lunch on the grounds of the garden before our ferry ride home.

54972 Tue Apr 30 8:30am–3pm \$28/\$34 NM

Sign-up date: Mar 8

Dine Out with LSC

This group meets up for lunch at local restaurants on the first Thursday of each month. Join by yourself or sign-up with a friend or family member to enjoy a meal with new acquaintances. Please register through the LSC front desk by the Tuesday before so we know how many to expect. All transportation and purchases on your own.

55356 Jan 4 1-3pm – Hops & Drops
19702 Hwy 99, Lynnwood

55357 Feb 1 1-3pm – Old Spaghetti Factory
2509 196th St, Lynnwood

55358 Mar 7 1-3pm – Santa Fe Mexican Grill
423 Main Street, Edmonds

Facilitator: Barbara Halseth

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

All trips are fragrance-free.

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

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Lynnwood Senior Center Foundation Message

Thank you! 2023 has been very successful for the LSC Foundation. Why? Primarily due to your donations, generosity, and support. What does the Foundation do? We are a separate nonprofit whose mission is to raise money for the Lynnwood Senior Center. But what about government funding? As you can imagine it might not be enough to cover things like our computer lab, scholarships for members, and something near and dear to everyone's heart, some of our coffee and snacks each morning! Some of the events the Foundation has put on include our Spaghetti & Wine dinner, our Holiday Bake Sale, and our Champagne and Crepes brunch. We have a Board of Directors, including chair, treasurer, secretary and two board members. If you would be interested in joining the Board of Directors (working position!) please contact Mary-Anne Grafton. And, again, a very big thanks for your participation in making LSC the best it can be.



Sydney Hoard,
Board Chair

The Lynnwood Senior Center will be closed the following holidays:

New Year's Jan 1 | Martin Luther King Jr's Day Jan 15 | President's Day Feb 19