

JANUARY | FEBRUARY | MARCH 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

Tim Radtke: Secretary

David Quarders: Board Member

Donna Schneider: 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.**

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Registration for trips and courses, including appointment services, without an (*) may be withdrawn for credit up to three business days prior to start date or departure.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** Overnight trips may be withdrawn for credit up to 30 days prior to departure.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 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

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 to check it yourself! Registration at the front desk to borrow machine is required.

Self-Check	Monday–Friday 8:30am–3pm Free
Volunteer	Tuesdays 12–1pm Free
Volunteer	Wednesdays 11am–12pm Free

Provider: Remy Obillo & Chin Zimonyi

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.

75253	Thu Jan 15 12–3pm Free
75255	Thu Feb 19 12–3pm Free
75254	Thu Mar 19 12–3pm Free

Provider: Laura Ballard

Foot Care

LSC is currently updating our Foot Care Service. Thank you for your patience while the new schedule is under construction.

	Mondays 9am–2pm \$35 / \$40 NM
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Provider: TBD

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

Book Discussion Group

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

January Selection:

Lab Girl
by Hope Jahren

75063 Tue Jan 27 1:30–2:30pm Free / \$10 NM

February Selection:

The Smell of Other People's Houses
by Bonnie-Sue Hitchcock

75062 Tue Feb 24 1:30–2:30pm Free / \$10 NM

March Selection:

A Brief History of Everyone Who Has Ever Lived...
by Adam Rutherford

75064 Tue Mar 24 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.

75071	Fri Jan 9-30 12:30–2:30pm Free / \$10 NM
75072	Fri Feb 6-27 12:30–2:30pm Free / \$10 NM
75070	Fri Mar 6-27 12:30–2:30pm Free / \$10 NM

Facilitators: Carole Ridling & Sharon Howell

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

Movie Watch Party

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

January Theme: Winter Olympics

The Cutting Edge (1992);
Eddie The Eagle (2015);
Cool Runnings (1993)

75066	Wed Jan 7-28 12:30–2:45pm Free / \$10 NM
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February Theme: Black History Month

Akeelah and The Bee (2006);
20 Feet from Stardom (2013);
The Butler (2013)

75065	Wed Feb 4-25 12:30–2:45pm Free / \$10 NM
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March Theme: British

Emma (2020);
Salmon Fishing in the Yemen (2011);
The Imitation Game (2014)

75067	Wed Mar 4-25 12:30–2:45pm Free / \$10 NM
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Facilitator: Virginia Miscione

Our Choices and Understandings

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

75027	Tue Jan 6-27 12:15–1:45pm Free / \$10 NM
75025	Tue Feb 3-24 12:15–1:45pm Free / \$10 NM
75026	Tue Mar 3-24 12:15–1:45pm Free / \$10 NM

Facilitator: Rick Mottau

NEW 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 it's effects on daily life.

76333	Mon Jan 12 12:30–1:20pm Free
76348	Mon Feb 9 12:30–1:20pm Free
76349	Mon Mar 9 12:30–1:20pm Free

Facilitator: Tim Kiel

Fitness



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.

75178	M, W, F Jan 5-30 11:10am-12:10pm \$44/\$66 NM
75177	M, W, F Feb 2-27 11:10am-12:10pm \$32/\$48 NM
75175	M, W, F Mar 2-30 11:10am-12:10pm \$52/\$78 NM

Instructor: Debby Grant

Location: Lynnwood Recreation Center, Fitness Studio

*No class Jan 19; Feb 13, 16, 18, 20

Lite Fitness

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

75173	Tue, Thu Jan 6-29 10-11am \$32/\$48 NM
75174	Tue, Thu Feb 3-26 10-11am \$32/\$48 NM
75176	Tue, Thu Mar 3-31 10-11am \$36/\$54 NM

Instructor: Elham Sadeghein

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.

75182	Mon, Wed Jan 5-28 10-10:50am \$42/\$56 NM
75183	Mon, Wed Feb 2-25 10-10:50am \$30/\$40 NM
75184	Mon, Wed Mar 2-30 10-10:50am \$54/\$72 NM

Instructor: Marie-Lou Andresen

Location: Lynnwood Recreation Center, Room 102

*No class Jan 19; Feb 16, 23, 25; Mar 30



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

Need help? Give us a call.

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.

75179	Mon, Wed Jan 5-28 11-11:50am \$42/\$56 NM
75181	Mon, Wed Feb 2-25 11-11:50am \$30/\$40 NM
75180	Mon, Wed Mar 2-30 11-11:50am \$54/\$72 NM

Instructor: Marie-Lou Andresen

Location: Lynnwood Recreation Center, Room 102

*No class Jan 19; Feb 16, 23, 25; Mar 30

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.

75170	Tue, Thu Jan 6-29 1-2pm \$24/\$32 NM
75171	Tue, Thu Feb 3-26 1-2pm \$24/\$32 NM
75169	Tue, Thu Mar 3-31 1-2pm \$27/\$36 NM

Instructor: Melissa Olson

Location: Lynnwood Recreation Center, Room 102

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.

75172	Tue, Thu Jan 6-29 11:10am-12pm \$48/\$64 NM
75167	Tue, Thu Feb 3-26 11:10am-12pm \$48/\$64 NM
75168	Tue, Thu Mar 3-31 11:10am-12pm \$54/\$72 NM

Instructor: Marie-Lou Andresen

*No class Feb 24 & 26; Mar 31

Events

Presentations

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



New Year's Bunco Blast

Kick off 2026 with a BUNCO game party at LSC! Great for new or long-time players, this dice game is easy to learn and lots of fun. We will play games, share festive snacks, sip sparkling cider, and enjoy time together with friends.

75988 Fri Jan 16 12-2:30pm \$5/\$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 January, February, and March sign up for free.

75989 Fri Feb 20 12-2pm Free/\$5/\$10 NM

Winter Recreation Preparation Meeting

Gear up for a safe, fun, and confident winter season! Join Eric and Kay for winter kickoff session covering everything you need to know before hitting the snowy trails. We'll walk through the essential clothing and gear to wear and bring — starting from the boots up — as well as physical preparedness and what to expect in winter conditions. Learn how snowshoes work, and how to properly set your hiking poles. We'll also share recommendations for must-have items for your pack. Perfect for beginners and seasoned adventurers alike, this session sets you up for a successful and well-prepared winter in the outdoors with LSC.

75417 Tue Jan 13 1-2:30pm Free

LSC Foundation's Spring Ala Mode Fundraiser

– March 20 –

See back page for details!

Discover Your Library: Lynnwood & Sno-Isle Services

Join us for a special presentation hosted by the Lynnwood Library staff, introducing the wide range of resources and services available through Sno-Isle Libraries beyond books - from exploring community programs, to accessing eBooks and streaming media. You'll even learn about practical support such as printing, technology help, and job search assistance, to make everyday life easier.

75987 Tue Jan 27 1-2pm Free

Community Transit – Talk and Trip

Community transit will guide us through their "How to Ride Transit" program beginning with a 30-min presentation at LSC, boarding a bus to Lynnwood City Center Station for a walking tour of the transit center, a visit to the Ride Store, and a short Link Light Rail ride to Mountlake Terrace where a bus will meet us and return everyone to LSC. You must pre-register by Jan. 29 for this unique outing that includes a pre-paid Orca card!

75992 Fri Feb 6 12:30-3pm Free

Get to Know LSC Staff

How long have you worked for the COL?

It will be 4 years in January.

What's your favorite way to spend time off?

Playing basketball and training for marathons.

What's one thing you're excited to work on here at LSC?

I am excited to adapt to the senior staff community and get to know everyone and do the best I can to assist you.

Do you have a hidden talent?

I can run long distances for a very long time.



Derrick

How long have you worked for the COL?

I've worked 3 years as of this past August.

What's your favorite way to spend time off?

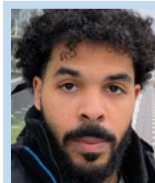
60% relaxing at home, 40% spending time with friends.

What's one thing you're excited to work on here at LSC/Rec Programs?

Getting to know everyone better (especially names) and being as helpful as I possibly can.

Do you have a surprising hobby?

I participate in esports (video game) tournaments as both a competitor and broadcast talent as a commentator.



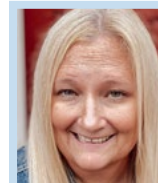
Xavier

Tell us a little about you.

I'm someone who truly enjoys the meaningful parts of life. I've been working for the City of Lynnwood since February 2020, and I take a lot of pride in what I do.

My favorite moments are spent with my grandchildren — they bring so much joy and energy into my life.

At home you'll find me with a good book or with my pets Stella and Lucy (cat & dog). I value family, kindness, and staying grounded, and I try to bring that into everything I do.



Stacey

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.

75038	Mon Jan 5-26 1:30-2:45pm Free/\$10 NM
75041	Mon Feb 2-23 1:30-2:45pm Free/\$10 NM
75044	Mon Mar 2-30 1:30-2:45pm 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.

75042	Tue Jan 6-27 11am-12:30pm Free/\$10 NM
75047	Tue Feb 3-24 11am-12:30pm Free/\$10 NM
75050	Tue Mar 3-24 11am-12:30pm Free/\$10 NM

Facilitator: Jackie Green

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. A suggested supply list is available at the front desk.

75039	Thu Jan 8-29 12:30-2:30pm \$24/\$32 NM
75040	Thu Feb 5-26 12:30-2:30pm \$24/\$32 NM
75051	Thu Mar 5-26 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 learn how to work with unexpected materials- Lynnwood Trader Joe's provides the flowers, so each week is a surprise. Bring a tool to cut flower stems and a vase or plastic bag to take home your arrangement.

75164	Wed Jan 7-28 9:30-10:15am \$16/\$24 NM
75165	Wed Feb 4-25 9:30-10:15am \$16/\$24 NM
75166	Wed Mar 4-25 9:30-10:15am \$16/\$24 NM

Facilitator: Patty Stensvig

Let's Get Crafty – Card Class

Assemble three handmade cards for all occasions. Supplies are included. Pre-registration required before the first day of class.

75049	Tue Mar 3 12:30-2pm \$8/\$14 NM
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Instructor: Joanne Cooney

DIY Crafts: Teacup Mini Gardens

In this hands-on workshop, we'll creatively arrange whimsical touches and tiny plants that make each garden uniquely yours. Please bring a teacup and saucer or a small mug and plate to personalize your project. Pre-registration required.

75048	Fri Mar 6 12:30-2:30pm \$20/\$26 NM
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Instructor: Shelley Coster

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.

75046	Wed Jan 7-28 10:30am-12pm Free/\$10 NM
75045	Wed Feb 4-25 10:30am-12pm Free/\$10 NM
75043	Wed Mar 4-25 10:30am-12pm Free/\$10 NM

Facilitator: Darlene Moses

Classes & Activities + Games



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.

75034 Fri Jan 9-30 10-11:30am Free/\$10 NM

75032 Fri Feb 6-20 10-11:30am Free/\$10 NM

75033 Fri Mar 6-27 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.

75029 Mon Jan 5-26 9:30-11am Free

75028 Mon Feb 2-23 9:30-11am Free

75030 Mon Mar 2-30 9:30-11am Free

Facilitator: Susan Fogarty

NEW Intro to ASL Workshop

Learn the history of American Sign Language, letters, numbers and everyday phrases for simple conversations in this fun and friendly 8-week workshop.

75990 Mon Feb 2 - Mar 30
10-11am \$42/\$48 NM

Instructor: Keala Tolbert

Tech Support

If you have questions or need to find out more about your computer, tablet or smart phone, call LSC to schedule an appointment (or drop-in) to ask our tech support volunteers your questions. Please prepare your tech questions and bring your laptop, tablet or smart phone that you need help with to your appointment.

Tuesdays & Thursdays 12:30-2pm Free

Wednesdays 10am-1pm Free

Instructors: Ben Benson & Steve Ashurst

Back to Basics Computer Class

Do you feel like you lack a basic understanding of how to use a computer? If so, then this is the program for you.

Join us to become familiar with the basic terms and concepts required to use computers confidently. During the program we will discuss computer hardware and software, and then we will practice using computers to become familiar with the essentials — such as how to use a mouse, trackpad and keyboard, how to open and close computer programs, and how to save files. Registration required, space is limited.

75993 Tue Feb 24 1-2:30pm Free

Instructor: Lynnwood Library

Ongoing Games



Please register monthly for games

Canasta

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

Facilitator: Sharon Jacobson

Bingo

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

Facilitator: Jeff Baird

Mexican Train (Dominoes)

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

Facilitator: Dora Cantu

Cribbage

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

Facilitator: Barbara Buckler

Party Bridge

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

Facilitator: Mark Yuhas

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



Snoqualmie Valley Trail ♥♥♥

Enjoy a refreshing winter walk starting from McCormick Park in Duvall. This flat out-and-back route offers scenic views of the valley, river, and surrounding farmlands. We'll grab a snack on your own in Duvall after the hike.

- 4-5 miles round trip
- Mostly level

75418 Thu Jan 22 9am-1pm \$22/\$28 NM

Registration opens: January 5

Seattle Double Header ♥♥♥

We'll begin with the Discovery Park Loop in Magnolia, a combination of forest paths and Puget Sound views. Afterward, we'll head to Ballard for a casual lunch — bring your own or choose a local café. We'll wrap up the day with a shoreline stroll at Golden Gardens Park, a great spot for wildlife viewing.

- **Leg one:** up to 5 miles
- **Leg two:** out and back
- Up to 150' elevation gain.

75481 Thu Feb 5 9am-3pm \$24/\$30 NM

Registration opens: January 5

Mystery Winter Hike ♥♥♥

Gear up for an adventure and enjoy the element of surprise for this leader's choice outing.

- Up to 4 miles
- Up to 200 feet elevation gain
- Routes up to trip leaders

75437 Thu Feb 19 9am-2pm \$22/\$28 NM

Registration opens: January 5

Guemes Island ♥♥♥

We'll begin with a walk-on ferry ride from Anacortes to Guemes Island, before heading to the summit of Guemes Mountain. The trail leads to an impressive viewpoint of nearby islands and the surrounding strait.

- 2.4 miles roundtrip
- 550 elevation gain

75442 Thu Mar 5 9am-5pm \$35/\$41 NM

Registration opens: February 2

Twin Falls State Park, North Bend ♥♥♥

A forested trail along the South Fork Snoqualmie River leads to a lookout of the Twin Falls waterfalls. We'll climb steadily to an overlook where we'll stop for lunch before we turn back.

- 2.4 miles
- 500-600 feet elevation gain

75445 Thu Mar 19 9am-3pm \$28/\$34 NM

Registration opens: February 2

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

*** Indicates a non-refundable trip**

Winter Recreation

Hyak, Snoqualmie Pass



Kick off the snowshoe season with a fun and beginner-friendly adventure at Snoqualmie Pass. This gentle route is perfect for getting comfortable with snowshoes, practicing techniques, and enjoying the snowy landscape. We'll take time for photos and winter fun along the way. We'll stop for a quick bite on the way home.

- 3-4 miles
- Up to 100' elevation

75421 Mon Jan 26 9am-4:30pm \$40 / \$46 NM

Registration opens: January 5

Trollhaugen Lodge, Cabin Creek Snowshoe



This area is known for its well-marked winter trails and friendly Nordic skiing community. Explore up to 4 miles on mostly flat, loop-style routes with great amenities — including warm, clean restrooms — taking our time to enjoy the winter scenery and watch cross-country skiers.

- Up to 4 miles
- Mostly flat

75431 Mon Feb 9 9am-4:30pm \$40 / \$46 NM

Sign-up starts: January 5

Sleeping Lady Resort, Leavenworth



Sleeping Lady provides well-defined snowshoe paths and several outdoor Chihuly glass art installations on the property. Views include portions of the Icicle Creek valley and surrounding forest. After the snowshoe, we'll stop in Leavenworth for a light meal before the return trip.

- 2-3 miles
- 200 feet elevation gain

75440 Mon Feb 23 8am-5pm \$40 / \$46 NM

Registration opens: January 5



Mazama Ridge, Mount Rainier National Park



Expect classic high-mountain winter scenery throughout the day on the flat to hilly routes throughout the park. A great outing for wrapping up the season.

- Up to 4 miles
- Up to 600 ft of elevation gain, variable

75443 Mon Mar 9 8am-6pm \$40 / \$46 NM

Registration opens: February 2

Heather Meadows, Mount Baker



Heather Meadows offers broad alpine scenery and excellent winter routes. This trip serves as a capstone experience, providing a chance to apply the skills and conditioning gained throughout the season. You have worked hard for this – don't miss it!

- 2-3 miles
- Up to 500 feet elevation gain

75446 Mon Mar 23 8am-5:30pm \$40 / \$46 NM

Registration opens: February 2



Winter Recreation Preview

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

75417 Tue Jan 13 1-2:30pm Free

See pg. 5 for more information

Location LSC

Snowshoe Essentials

- ✓ waterproof hiking boots or snow boots
- ✓ hat & gloves
- ✓ whistle
- ✓ ski or hiking poles with baskets for snowshoeing
- ✓ fanny or day pack
- ✓ gaiters
- ✓ extra socks
- ✓ layered clothes: no cotton
- ✓ 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

LSC Snowshoe Rentals are available for Winter Recreation; \$15 with poles included. Make reservations when you register for your trips.

Trips



NW Glass Quest ☺☺

Art and adventure awaits when we travel throughout Camano Island to take part in the annual Great Northwest Glass Quest at participating galleries, studios, and shops — many offering live demonstrations and special displays. Keep an eye out for the plastic 'clue ball' — your ticket to a one-of-a-kind hand-blown glass treasure. While finding a clue ball is not guaranteed, the spirit of kindness and the thrill of the hunt is the true goal of this quest.

75286 Wed Feb 18 9am–5pm \$28/\$34 NM

Sign-up date: January 9

Agatha Christie Mystery – Center Stage* ☺

Enjoy an afternoon of mystery and suspense when we travel to Centerstage Theatre at Dash Point in Federal Way for *And Then There Were None*, an Agatha Christie classic whodunit where 10 strangers on a remote island discover their mysterious host has a deadly plan. This clever mystery is full of twists and surprises right up to final curtain! We'll stop for dinner on your own after the show.

75287 Sun Feb 22 12:15–7pm \$64/\$70 NM

Sign-up date: January 9

Candlelight Concert: Vivaldi's The Four Seasons* ☺☺

Take in an enchanting evening of classical music at a Candlelight Concert featuring Vivaldi's *The Four Seasons*, set in a softly lit venue filled with the warm glow of hundreds of candles. This string ensemble performance will immerse you in the energy of spring, the heat of summer, the harvest of autumn, and the quiet beauty of winter — each season expressed through Vivaldi's timeless melodies. We will leave a little early to enjoy dinner on your own before the performance.

75288 Fri Feb 27 4–8:15pm \$77/\$83 NM

Sign-up date: January 9

January Trips

Sign-up ongoing. Ask about current registration availability.

January 8	IMAX Documentary: Pacific Science Center
January 13	Boeing Factory Tour – Everett
January 21	Nordic Heritage Museum
January 30	Burke Museum of Natural History



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 *

Snow Geese of Skagit Valley ☺☺

Join us for a winter outing through scenic Skagit Valley farmlands where thousands of snow geese and swans gather during migration. Afterwards, spend some time relaxing in the quaint town of La Conner where you can browse local shops and galleries, grab some lunch, or stroll the waterfront boardwalk.

75285 Tue Feb 10 8:30am–2pm \$25/\$31 NM

Sign-up date: January 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

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

Moisture Festival* ☺

Experience the joy and laughter of Seattle's famous Moisture Festival, where comedy, circus, music, and variety acts all share the same stage for a uniquely entertaining afternoon.

75289 Sat Mar 7 1:45-6pm \$44/\$50 NM

Sign-up date: February 13

Holocaust Center for Humanity ☺☺

Since 1989, the Center has worked to ensure the stories of Holocaust survivors, their families, and the millions of victims are never forgotten. Through powerful exhibits and guided learning, visitors gain a deeper understanding of the Holocaust and its lessons for today. Voted People's Choice for Best Museum in 2025. Docents will be on hand to answer questions and help interpret what we see. After the tour we'll stop for lunch on your own.

75291 Wed Mar 11 8:45am-1pm \$25/\$31 NM

Sign-up date: February 13

Ride the Link: National Geographic Live* ☺☺☺

Venture via Link Light Rail to Benaroya Hall in Seattle for a National Geographic Live experience that transports you to one of the most extraordinary ecosystems on Earth. The Galápagos Islands come alive through the work and stories of marine ecologist and National Geographic Explorer Alex Hearn. Learn about groundbreaking discoveries involving Darwin's finches, giant tortoises, marine iguanas, and other remarkable species that define the islands' unique ecological legacy. Trip meets in the Overflow parking lot. Link fare on your own.

75290 Sun Mar 22 12:45-4:30pm \$75/\$81 NM

Sign-up date: February 13



Shop & Stroll at University Village ☺☺☺

Spend a day exploring "U- Village," Seattle's open-air shopping center that blends relaxed Northwest charm with a vibrant mix of boutiques, dining, and community spaces. Stroll along tree-lined walkways as you browse everything from local artisan shops to favorite national brands, discovering unique finds at every turn.

75292 Tue Mar 31 10:30am-4pm \$22/\$28 NM

Sign-up date: February 13

Kubota Garden Tour ☺☺☺☺

Join us for a peaceful and inspiring visit to Kubota Garden, one of Seattle's true hidden gems. This stunning 20-acre Japanese garden blends traditional design with the natural beauty of the Pacific Northwest. Our group will enjoy a docent-led walking tour, offering insights into the garden's history, founder Fujitaro Kubota's vision, and the unique plants, waterfalls, and stonework that make this space so special. Two-hour walking tour covering a distance of 1.5 miles.

75294 Wed Apr 8 8:45am-2pm \$32/\$38 NM

Sign-up date: March 13



Muckleshoot Casino ☺☺

We're heading to Muckleshoot Casino in Auburn - the largest casino in the Pacific Northwest. Take your pick of more than 3,000 slot machines, live table games, and delicious dining spots. There's something for everyone to enjoy, whether you're hoping for a lucky streak or just along for the lively atmosphere.

75293 Thu Apr 16 10am-4pm \$28/\$34 NM

Sign-up date: March 13

Discovery Park & Daybreak Center ☺☺☺

Explore scenic Discovery Park, Seattle's largest park with breathtaking water views and gentle walking trails. Enjoy your sack lunch outdoors and visit the West Point Lighthouse. After our time in the park, we'll visit the Daybreak Star Indian Cultural Center, a welcoming space that shares the stories, art, and traditions of the region's Native peoples.

75295 Tue Apr 21 9:30am-2pm \$24/\$30 NM

Sign-up date: March 13

Olympia Arts Walk ☺☺☺

Stroll through streets lined with galleries, local artists, and performers showcasing their talents during this lively community celebration filling downtown Olympia with art, music, and fun. You'll have time to explore shops, enjoy lunch at one of the many cafés or food vendors, and take in the festive scene.

75296 Sat Apr 25 9am-3:30pm \$28/\$34 NM

Sign-up date: March 13

* Indicates a non-refundable trip

All trips are fragrance-free.

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

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Spring Ala Mode

LSC Foundation Fundraiser

The LSC Foundation invites you to join us in welcoming the spring season with a sweet celebration of cake, ice cream, and the opportunity to join a drawing for a fabulous three-day getaway to a nearby destination.

Friday, March 20 10:30am-1pm

drop-in, while supplies last

Cake & Ice Cream - \$5 donation

Drawing tickets - \$1 each

Many Thanks!

We so appreciate the remarkable generosity and support demonstrated by all donors and buyers at our Bake & Craft Sale last November. The LSC Foundation is so very appreciative of everyone's interest and involvement.



- LSC Foundation Board



THE LYNNWOOD SENIOR CENTER WILL BE CLOSED ON THE FOLLOWING:

New Year's Day
JAN 1-2

Martin Luther King Jr's Day
JAN 19

President's Day
FEB 16