

JULY | AUGUST | SEPTEMBER 2025

The Messenger

LYNNWOOD SENIOR CENTER



Ready, Set, Quilt Workshop p7

Skagit River Rafting p11

Ice Cream Cruises pp13-14

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 Radtke: Secretary

David Quaders: Board Member

Diana Couture: Board Member

Donna Schneider: 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

Richard Gibson, March 2025

Merrily Shirey, May 2025

Marilynn Brock, April 2025

Ginger Kemp, May 2025



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Registration for trips and courses, including appointment services, without an (*) may be withdrawn for credit up to three business days prior to start date or departure.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** Overnight trips may be withdrawn for credit up to 30 days prior to departure.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 basis. LSC's outgoing message is updated by 8am 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. If weather prevents personal travel to LSC, phone in by the registered course start time to request a refund. LSC's outgoing message will be updated with by 8am when Edmonds School District announces a cancellation or delayed start due to inclement weather.

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

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



Christina's Message

LSC is partnering with the American Heart Association to bring you Lynnwood Senior Center Self-Check Blood Pressure Station.

Taking your blood pressure is important self-care. LSC has long offered the service. We have two amazing volunteers, Remy and Chin. Both retired RNs, they offer blood pressure screening on Tuesdays noon to 1pm, and Wednesdays 11am to noon. Knowing that not everyone is here at those times, and that it's better

to measure more often, LSC and the American Heart Association (AHA) are making blood pressure testing more available and an easy habit to add to your daily routine. The AHA provided equipment and guidance to set up a blood pressure station accessible to everyone, every day, anytime the Center is open. The lobby table's decked out with heart-healthy resources, instructions, tips, and logs for you to keep track of your numbers — all available in multiple

languages. It's simple to check out a blood pressure cuff from the front desk and get started on your next visit. The American Heart Association is appreciated for helping us promote blood pressure health and awareness.



Christina Chung,
Front Desk &
Volunteer Coordinator



Volunteers Needed

LSC relies on volunteers. People sharing their time and talents not only makes our center operate well, but makes our community positive and inclusive. We have many positions to find your best fit. Please stop at the front desk to find out more. Christina Chung is our Volunteer Coordinator.

These are some current positions open:

- Front Desk
- Kitchen
- Sharing your skills and expertise by leading a class

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.

70209	M, W, F Jul 2-30 11:10am-12:10pm \$48 / \$72 NM
70208	M, W, F Aug 1-29 11:10am-12:10pm \$52 / \$78 NM
70206	M, W, F Sep 8-29 11:10am-12:10pm \$40 / \$60 NM

Instructor: Debby Grant

Location: Lynnwood Recreation Center, Fitness Studio

*No class July 4, September 1

Lite Enhance Fitness

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

70204	Tue, Thu Jul 1-31 10-11am \$36 / \$54 NM
70207	Tue, Thu Aug 5-28 10-11am \$32 / \$48 NM
70205	Tue, Thu Sep 2-30 10-11am \$36 / \$54 NM

Instructor: Kay Peterson

*No class July 29

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.

70246	Tue, Thu Jul 1-31 9-9:50am \$60 / \$80 NM
70247	Tue, Thu Aug 5-28 9-9:50am \$48 / \$64 NM
70248	Tue, Thu Sep 2-30 9-9:50am \$54 / \$72 NM

Instructor: Marie-Lou Andresen

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



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.

70249	Mon, Wed Jul 2-30 11-11:50am \$54/\$72 NM
70251	Mon, Wed Aug 4-27 11-11:50am \$48/\$64 NM
70250	Mon, Wed Sep 3-29 11-11:50am \$48/\$64 NM

Instructor: Marie-Lou Andresen

Location: Lynnwood Recreation Center, Room 102

*No class September 1

Note for summer: On fair weather days, class will meet outside on LSC's west lawn.

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.

70237	Tue, Thu Jul 1-31 11:10am-12pm \$60/\$80 NM
70236	Tue, Thu Aug 5-28 11:10am-12pm \$48/\$64 NM
70233	Tue, Thu Sep 2-30 11:10am-12pm \$54/\$72 NM

Instructor: Marie-Lou Andresen

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. During Summer session, Tuesdays and Thursdays are on hold until September.

70264	Tue, Thu Sep 9-30 1-2pm \$21/\$28 NM
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Instructor: Melissa Olson

Location: Lynnwood Recreation Center, Room 102

Classes & Activities



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.

70006	Mon Jul 7-28 9:30-11am Free
70005	Mon Aug 4-25 9:30-11am Free
70004	Mon Sep 8-29 9:30-11am Free

Facilitator: Rosalie Allgor

Chinese Calligraphy Workshop

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

70011	Mon Jul 7-28 1-2:30pm Free/\$10 NM
70015	Mon Aug 4-25 1-2:30pm Free/\$10 NM
70012	Mon Sep 8-29 1-2:30pm 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 are on hand, or bring your own.

70008	Tue Jul 1-29 11am-12:30pm Free/\$10 NM
70007	Tue Aug 5-26 11am-12:30pm Free/\$10 NM
70009	Tue Sep 2-30 11am-12:30pm Free/\$10 NM

Facilitator: Jackie Green

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.

70257	Wed Jul 2-30 9:30-10:15am \$20/\$30 NM
70256	Wed Aug 6-27 9:30-10:15am \$16/\$24 NM
70255	Wed Sep 3-24 9:30-10:15am \$16/\$24 NM

Facilitator: Patty Stensvig

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.

70010	Wed Jul 2-30 10:30am-12pm Free/\$10 NM
70013	Wed Aug 6-27 10:30am-12pm Free/\$10 NM
70014	Wed Sep 3-24 10:30am-12pm Free/\$10 NM

Facilitator: Darlene Moses

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 art supplies to this group. A suggested supply list is available at the front desk.

70258	Thu Jul 3-31 12:30-2:30pm \$30/\$40 NM
70259	Thu Aug 7-28 12:30-2:30pm \$24/\$32 NM
70260	Thu Sep 4-25 12:30-2:30pm \$24/\$32 NM

Instructor: Donella M Robbins

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.

70018	Fri Jul 11-25 10-11:30am Free/\$10 NM
70016	Fri Aug 1-29 10-11:30am Free/\$10 NM
70017	Fri Sep 5-26 10-11:30am Free/\$10 NM

Facilitator: Myrtle Guild

* Indicates a non-refundable trip

Classes & Activities + Games



Ready, Set, Quilt!

Have you ever wanted to learn how to make a quilt? Learn all the basics from an experienced instructor and come away with a table runner, pillow top, or small wall hanging. You'll learn easy tips and tricks, and gain the confidence to make a bigger project. Some sewing machine experience is preferred – bring your own machine or ask about a possible loaner. Fabric and tools provided.

71337 Mon Jul 14-28
9:30am–12:30pm \$80/\$86 NM

Instructor: Sydney Hoard

DIY Craft Workshop – Maker's Day Camp

We're taking over the dining room to craft, create, and clean-out! Past DIY projects (think gnomes) will be grouped together at stations for you to follow directions or create freely. Supplies limited to what's on hand, until they run out. Let's get creative and have fun with all our new crafting skills. Pre-registration required.

70267 Tue Aug 5 11am–2:30pm \$15/\$21 NM

Instructor: Shelley Coster

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.

70266 Fri Sep 12 12:30–2pm \$8/\$14 NM

Instructor: Joanne Cooney

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 volunteer your questions. Please prepare your tech questions and bring your device that you need help with to your appointment.

Wednesdays 10am–1pm Free

Instructors: Ben Benson

Dine Out

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

July – China City, Mill Creek

70263 Thu Jul 3 1–3pm Free

August – Arnies, Edmonds

70262 Thu Aug 7 1–3pm Free

September – Thai Wisdom Bistro, Edmonds

70261 Thu Sep 4 1–3pm Free

Facilitator: Barbara Halseth

Ongoing Games



Please register monthly for games

Bingo

Mon 12:30–3pm Free/\$10 NM

Facilitator: Claudette Martinez

Canasta

Mon 9:30am–12pm Free/\$10 NM

Facilitator: Sharon Jacobson

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: Jim Rutherford

Mahjong

Fri 10am–12:30pm Free/\$10 NM

Facilitator: Sandy Parker

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

Services & Discussion Groups

Services



Blood Pressure Checks

Look for our Blood Pressure volunteers weekly on Tuesdays and Wednesdays in the LSC lobby for a drop-in blood pressure check or borrow our blood pressure machine from the front desk to do it yourself! Registration at the front desk to borrow the blood pressure machine is required.

Monday – Friday 8:30am–3pm Free

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 manicurist. Call LSC at 425-670-5050 to schedule your thirty-minute appointment.

Mondays 9am–1pm \$35/\$40 NM

Provider: Ann Nguyen

SHIBA Appointments

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.

70145 Thu Jul 17 12–3pm Free

70146 Thu Aug 21 12–3pm Free

70147 Thu Sep 18 12–3pm Free

Provider: Laura Ballard

Discussion Groups

Book Discussion Group

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

July Selection:

Rules of Civility by Amor Towles

70148 Tue Jul 22 1:30–2:30pm Free / \$10 NM

August Selection:

The Storied Life of A.J. Fikry by Gabrielle Zevin

70149 Tue Aug 26 1:30–2:30pm Free / \$10 NM

September Selection:

The Tattooist of Auschwitz by Heather Morris

70150 Tue Sep 23 1:30–2:30pm Free / \$10 NM

Facilitator: Doug Madison

Movie Watch Party

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

July Selection: Pacific Northwest

**Safety Not Guaranteed (2012);
Sleepless in Seattle (1993);
Leave No Trace (2018)**

**70151 Wed Jul 2-23
12:30–2:45pm Free / \$10 NM**

August Selection: Audrey

**Roman Holiday (1953);
My Fair Lady (1964);
Sabrina (1954)**

**70152 Wed Aug 6-27
12:30–2:45pm Free / \$10 NM**

September Selection: Tech Heads

**Steve Jobs (2015);
Social Network (2010);
The Pixar Story (2007)**

**70153 Wed Sep 3-24
12:30–2:45pm Free / \$10 NM**

Facilitator: Virginia Miscione

Coffee Chat

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

Monday – Friday 9am–2:30pm Free

Daily registration required. Check-in at front desk.

Our Choices and Understandings

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

**70426 Tue Jul 1-29
12:15–1:45pm Free / \$10 NM**

**70427 Tue Aug 5-26
12:15–1:45pm Free / \$10 NM**

**40725 Tue Sep 2-30
12:15–1:45pm Free / \$10 NM**

Facilitator: Rick Mottau

Chinese Chat Group

請加入我們用中文隨意討論

Please join us for casual discussion in Chinese.

**70201 Wed Jul 2-30 10:15–11:45am Free
Fri Jul 2-30 10–11:30am Free**

**70202 Wed Aug 1-29 10:15–11:45am Free
Fri Aug 1-29 10–11:30am Free**

**70203 Wed Sep 3-26 10:15–11:45am Free
Fri Sep 3-26 10–11:30am Free**

Facilitator: Poon (Koon-Yui) Poon

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.

**70154 Fri Jul 11-25
12:30–2:30pm Free / \$10 NM**

**70155 Fri Aug 1-29
12:30–2:30pm Free / \$10 NM**

**70156 Fri Sep 5-26
12:30–2:30pm Free / \$10 NM**

Facilitator: Carole Ridling & Sharon Howell

Presentations

Events

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



Outdoor Recreation Presentation and Potluck — Summer —

Come hikers and outdoor enthusiasts for a potluck social!

Bring a 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 event or looking into joining, this event is for you.

70468 Fri Jul 18 12-2pm Free

Community Transit Presentation

Community Transit will stop by to give us a look at available transportation options in the area including the new Zip shuttle pilot program. Get assistance in registering for a discounted Senior Orca Pass and navigate the transit system.

70467 Tue Jul 22 1-2:15pm Free

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.

70469 Tue Aug 12 2-2:45pm Free

Birthday Celebration Luncheon

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

70470 Fri Aug 22
12-2:30pm Free/\$10/\$5 NM

Fall Prevention Month Event

We'll focus on Fall Prevention tips, tricks, and hacks in this event.

Balance checks, medication checks, and fall prevention resources galore!

70473 Fri Sep 5 1-2:30pm Free

Hispanic Heritage Month Event

Celebrate Hispanic Heritage Month with us through delicious food, lively music, and meaningful connection. Enjoy a festive lunch honoring the rich cultures, traditions, and contributions of Hispanic and Latin communities.

All are welcome to join in the celebration!

70474 Fri Sep 19 12-2:30pm \$5/\$10 NM

Travel with LSC in 2026

Learn about upcoming travel opportunities during our presentation with Premiere World Discovery's Liz Bell.

Tue Sep 2 1:30-2:30pm Free

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
- ✓ 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

Community Walking Group

Join LSC for a community walking group taking place on Thursdays. Walks through the local neighborhoods and parks last 45 minutes to an hour.

Walks have minimal elevation gain and happen rain or shine.

Please meet at the Lynnwood Senior Center lobby by 10:50am to check-in and meet with group. Bring water and weather-appropriate clothing. Come early or stay later for coffee, tea, and chatting inside LSC.

63389

Thursdays 11am-12pm Free

Hikes



Pass Lake Loop



Pass Lake is situated in the Deception Point area, some of the most lush and beautiful hiking that Washington has to offer. We'll walk through the dense forests and take a stop at the lake. On the way back we'll stop for ice cream at our favorite local creamery.

- 2 miles round-trip
- 423 feet elevation

70458 Mon Aug 4 9am-3pm \$29/\$35 NM

Skookum Falls, Greenwater



This serene trail meanders alongside the White River through a lush, moss-draped forest, leading to the

impressive 250-foot Skookum Falls. The path offers glimpses of the Snoquera Palisades and features

gentle terrain with expressive and scenic views.

- 6.7 miles
- 662 feet elevation

70459 Wed Aug 13 9am-7pm \$31/\$37 NM

Outdoor Recreation

Hikes



Elwha Dam Trail



This serene 2.5-mile out-and-back trail near Port Angeles, Washington, offers a peaceful walk through lush forested landscapes. The well-maintained path meanders through towering trees and dense undergrowth, providing a tranquil setting and impressive surroundings.

- 2.5 miles round-trip
- 375 feet elevation

70463 Mon Aug 25 9am-5:30pm \$31 / \$37 NM

Paradise Valley Conservation, Woodinville



This loop trail in the Paradise Valley Conservation Area near Maltby, Washington, offers a diverse hiking experience through a mix of wetlands, dense forests, and gently rolling terrain. The route combines several interconnected trails—creating a varied landscape of moss-draped trees, seasonal ponds, and fern-lined paths.

- 4.8 miles round-trip
- 314 feet elevation gain

70464 Wed Sep 3 9am-2:30pm \$20 / \$26 NM



Old Sauk River Trail, Darrington



This tranquil trail meanders alongside the Sauk River through a lush forest adorned with moss-covered trees and ferns. The path offers serene river views and opportunities to observe local wildlife, making it a peaceful retreat into nature.

- 6.0 miles round-trip
- 150 feet elevation gain

70465 Mon Sep 8 9am-4:30pm \$26 / \$32 NM

Iron Goat Trail, Stevens Pass



This historic trail traces the path of the former Great Northern Railway, leading hikers through lush forests and past remnants of early 20th-century railroad engineering. The route features interpretive signs detailing the area's rich history and offers views of the impressive Twin Tunnels.

- 2.4 miles round-trip
- 190 feet elevation gain

70466 Mon Sep 22 9am-2:30pm \$20 / \$26 NM

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

Outdoor Adventures



Skagit River Rafting*

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

70475 Mon Aug 18
10:30am-7:30pm \$165 / \$171 NM

* Indicates a non-refundable trip

Trips



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.

July Trips

Sign-up ongoing. Ask about current registration availability.

- July 9** Smith Tower Talking Tours
- July 13** Emerald Downs + Corgi World Championships
- July 18** King County Fair – Enumclaw
- July 27** Ice Cream Cruise
- July 29** Botanical Gardens Tram Tour

Seattle Mariners vs. Chicago White Sox*



Enjoy a day of Major League Baseball when Seattle faces the Chicago White Sox at T-Mobile Park. Let's fill two LSC buses to the stadium for this special Senior Day event that includes Terrace Club seating and a hot dog meal with sides on the Terrace patio. Play ball!

70430 Thu Aug 7 11am–6pm \$82/\$88 NM

Sign-up date: July 11

Berry Picking with a Mountain View



Nestled at the base of the majestic Mount Si, family-owned Bybee Farm provides a picturesque setting for a u-pick blueberry experience. Morning is the best time to pick fresh berries, so we'll head up early and stop by the Snoqualmie Valley Historical Museum after lunch in North Bend.

70448 Tue Aug 12 9am–3pm \$24/\$30 NM

Sign-up date: July 11



Spend a Day at Green Lake

😊😊

Spend a relaxing day at Seattle's beloved Green Lake, where you can walk the 2.8-mile lakeside trail, rent a paddleboard or kayak, or simply unwind on the grassy shores with a picnic. We'll start our day just around the corner from the lake with a visit to the Woodland Park Rose Garden — where vibrant blooms offer a peaceful escape in the heart of the city. It's the ideal blend of nature, leisure, and local charm.

70478 Wed Aug 20
9:30am–4pm \$20 / \$26 NM

Sign-up date: July 11



Amazon Fulfillment Center Tour

😊😊 – 😊😊😊

Ever wonder how your Amazon packages arrive so quickly? Join us for an exclusive behind-the-scenes tour of an Amazon Fulfillment Center in Arlington. You'll get a firsthand look at the cutting-edge technology, robotics, and people powering one of the most advanced logistics networks in the world. Lunch on your own after tour.

70477 Mon Aug 25 9am–2pm \$22 / \$28 NM

Sign-up date: July 11



Deception Pass Crab Lunch Cruise*

😊😊

Marvel at the breathtaking views of Deception Pass and the Swinomish Channel during this narrated afternoon cruise out of Anacortes, all while enjoying a freshly prepared cracked crab or chicken lunch provided by San Juan Cruises. Registration includes tour and lunch, other food and beverage purchases on your own.

70479 Thu Sep 4
10:30am–4pm \$104 / \$110 NM

Sign-up date: August 8

Ice Cream Cruise #2*

😊😊

Climb aboard the Ice Cream Cruise ship for a trip along the Lake Washington Ship Canal to Lake Union, for a narrated tour of this unique and vibrant waterway. Eat ice cream, enjoy the views and learn a bit about the history of Seattle.

70428 Sun Aug 17 12:45–4pm \$30 / \$36 NM

Sign-up date: July 11

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

Spitfire Grill at Jewel Box Theatre*

😊 – 😊😊

Jewel Box is bringing this favorite back to kick off its 25th Anniversary Season. We'll take the ferry to Poulsbo early enough for lunch in town on your own before we head over to "The Spitfire Grill," a musical sure to move you with its beautiful melodies and heartwarming story about finding your place, forgiving the past, and the power of human connection.

70454 Sun Sep 14
9:30am–6:30pm \$54 / \$60 NM

Sign-up date: August 8

Trips



Bitter & Sweet Tour – Wing Luke

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The Wing Luke Museum offers the official tour of the bestselling novel *Hotel on the Corner of Bitter and Sweet* by Jamie Ford, a historical fiction novel set in Seattle during World War II. It follows the story of Henry, a Chinese American boy, and his forbidden friendship with Keiko, a Japanese American girl, as her family faces internment. This walking tour gives a real-life look at the locations present in the book. There will be time to explore the Wing Luke Museum on your own, and seek out lunch in the International District before heading home. Ticket price includes guided walking tour and museum entrance.

70480 Tue Sep 17 8:30am–4pm \$44/\$50 NM
Sign-up date: August 8

Bavarian Walking Tour – Leavenworth*

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You've seen the tree lightings and devoured delicious schnitzel, but do you know the rich history of Leavenworth? Upon arrival in town we'll embark on a 1-hr walking tour of magnificent views, informational history, and fun facts with a knowledgeable local guide. Learn about the first people of the area, the railroad and logging industry, and the transition to an Alpine Village. Afterwards we'll have plenty of time to shop and dine our way through this quaint mountain village.

70453 Wed Sep 23 7:30am–6pm \$66/\$72 NM
Sign-up date: August 8

Ice Cream Cruise #3* 😊😊

Climb aboard the Ice Cream Cruise ship for a trip along the Lake Washington Ship Canal to Lake Union, for a narrated tour of this unique and vibrant waterway. Eat ice cream, enjoy the views and learn a bit about the history of Seattle.

70429 Sun Sep 28 12:45–4pm \$30/\$36 NM
Sign-up date: September 8

NW Chocolate Festival *

😊😊

Hailed as the best chocolate event in the country, your NW Chocolate Festival ticket includes access to the main show floor where you can taste chocolate from over 100 countries (dark, milk, vegan, confections, hot chocolate, and more) and includes free access to the chocolate workshops in an exciting festival education program designed for chocolate lovers from all walks of life. Plan to spend a delicious day in Bellevue, indulging in the wonderful world of chocolate.

70451 Sat Oct 4
10:30am–5:45pm \$61/\$64 NM
Sign-up date: September 12

Thrifting with George

😊 – 😊😊

Hit the road on the hunt for seasonal treasures with our resident thrift-savvy Trip Leader, George. We'll stop and browse at several different shops with time for lunch on your own in between. While the destinations are always a surprise, we can share that you will be heading south of Seattle for this next adventure.

70452 Tue Oct 7 9am–3:30pm \$25/\$31 NM
Sign-up date: September 12

Ride the Link – UW Football vs Rutgers*

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Don your purple and gold and experience the energy of Husky Stadium on football game day as the Dawgs take on the Knights right here at home! Light Link makes it easy — enjoy front door stadium access and great vibes with fellow college football fans. Trip pricing includes rides to and from the station and game ticket. Link fare, food, and other purchases on your own.

70449 Sat Oct 11 12–3:15pm \$62/\$68 NM
Sign-up date: September 12

All trips are **fragrance-free**.

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



Fall Colors & Bonsai

While the blooms are gone for the season, fall color abounds as the deciduous leaves transform into glowing golds, reds, and oranges at the Rhododendron Species Botanical Garden (RSBG) in Federal Way, making the RSBG one of the most beautiful places on the west coast to see autumn foliage. After a sack lunch on the grounds, our next tour begins, just steps away at the Pacific Bonsai Museum. Nestled amidst a sprawling forest, Pacific Bonsai Museum creates opportunities to experience the powerful presence of bonsai and be moved to cultivate a more intentional relationship with nature, and is one of the few public collections worldwide solely dedicated to bonsai.

70510 Wed Oct 15 9am-2pm \$36 / \$42 NM

Sign-up date: September 12



Autumn in Bellingham

Join us for a crisp autumn adventure to Bellingham. We'll start the day at the popular Bellingham Saturday Market, where you can browse local crafts, sample seasonal treats, and enjoy live music. Then it's off to Bellewood Farms, a picturesque orchard and distillery nestled in the countryside to the north. Stroll through apple orchards, taste fresh cider, and take home fall goodies from their farm store. Food available for purchase at both locations on your own.

70450 Sat Oct 18 8:45am-5:30pm \$28 / \$34 NM

Sign-up date: September 12

Overnight Trip



Ellensburg Rodeo Overnight**

☺☺☺ - ☺☺☺

Spend two memorable days in Ellensburg, WA during the historic Rodeo and Kittitas County Fair. Experience the excitement of one of the oldest and most celebrated rodeos in the Pacific Northwest, paired with classic fair fun, live music, delicious food, and unforgettable small-town charm. Trip price includes one-night hotel, rodeo and fair entrances.

70447 Fri-Sat Aug 29-30 8am-5pm

Sign-up date: July 11 Ask for Single Supplement Double \$364 / \$384 NM

Travel with LSC in 2026

Learn about upcoming travel opportunities during our presentation with Premiere World Discovery's Liz Bell.

Tue Sep 2 1:30-2:30pm Free

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Celebrating National Senior Center Month



REGIONWIDE EVENT

September 25 | 5pm

FREE TICKETS!

Call or stop by LSC Now.

– Pre-Registration Required –

Guests will be encouraged to make a contribution to support the operations and programs of your local senior center.

 **LYNNWOOD**
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The Lynnwood Senior Center will be closed the following holidays:
INDEPENDENCE DAY JUL 4 | LABOR DAY SEP 1