

JULY | AUGUST | SEPTEMBER 2026

# The Messenger

LYNNWOOD SENIOR CENTER



New Fitness  
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Kayaking  
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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](http://PlayLynnwood.com) | Monday–Friday 8:30am–3:00pm



## City of Lynnwood Staff

Director of Parks,  
Recreation & Cultural Arts  
**Joel Faber**  
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Recreation Superintendent  
**Kelly Schudde**  
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Recreation Programs Manager  
**Kacee Jaimes**  
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Recreation Coordinator  
**Shelley Coster**  
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## LSC Foundation

### Board Officers

**Sydney Hoard: Chair**

**Terry Strausser: Treasurer**

**Donna Schneider: Secretary**

**David Quarders: Board Member**

**Tim Radtke: Board Member**

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

[lynnwoodwasrctrfoundation.org](http://lynnwoodwasrctrfoundation.org)



## Registration Information

Pre-registration is required for all Lynnwood Senior Center programs. Payment is made at time of registration. Registrations are non-transferable.

**M** = Member Fee | **NM** = Non-Member Fee



## Trip Registration is by Lottery!

Registration for trips is by lottery at LSC on designated sign-up dates. Numbers may be picked up at the front desk between 9:00am and 9:30am, with registration starting at 9:30am. Numbers are allotted individually. You may register for yourself and one absent person. If you wish to travel with a companion that is present, one number will be given for both of you.

Persons arriving after 9:30am will be taken in list order. Telephone registration with credit card begins when the lottery ends. **Activity, trip itinerary and times may change due to weather, traffic or other unforeseen events.**

## In Memoriam

**Margaret Morse, Mar 2026**

**Delores Smith, May 2026**



### Cancellation Policies

Registration for trips and courses, including appointment services, without an (\*) may be withdrawn for credit up to three business days prior to start date or departure.

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

\* Trips including pre-purchased items are non-refundable.

\*\* Overnight trips may be withdrawn for credit up to 30 days prior to departure.

Cancellations made by LSC generate a full refund.

### Scholarship Program

We want you to have a chance to experience and participate in classes, activities and trips that interest you. The City of Lynnwood offers a scholarship program at the Senior Center. Please do not let cost keep you from enjoying activities.

All applications are confidential. For Lynnwood residents 62+ or persons with disability please call 425-670-5050.

### 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. Call LSC or check [PlayLynnwood.com](http://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 the LSC for a drop-in blood pressure check or to borrow the machine and check it yourself!

Tuesdays 12–1pm Free

Wednesdays 11am–12pm Free

Providers: Remy Obillo & Chin Zimonyi

### Foot Care Appointments

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

Mondays 9am–2:30pm \$35/\$40 NM

Providers: Rose Staton & Nelly Njeru

### 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.

83797 Thu Jul 23 12–3pm Free

83795 Thu Aug 20 12–3pm Free

83790 Thu Sep 17 12–3pm Free

Provider: Laura Ballard

## Fuel the Coffee Fund

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

## Discussion Groups

### 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 Tuesdays for discussion.

**July Selection:** *Department of Rare Books & Special Collections*, by Eva Jurczyk

83186 Tue Jul 28 1:30–2:30pm Free / \$10 NM

**August Selection:** *Blood at the Root: A Racial Cleansing in America*, by Patrick Phillips

83218 Tue Aug 25 1:30–2:30pm Free / \$10 NM

**September Selection:** *The Storyteller*, by Jodi Picoult

83214 Tue Sep 22 1:30–2:30pm Free / \$10 NM

Facilitator: Doug Madison

### Chatterboxes

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

83197 Fri Jul 3-31 12:30–2:30pm Free / \$10 NM

83176 Fri Aug 7-28 12:30–2:30pm Free / \$10 NM

83203 Fri Sep 4-25 12:30–2:30pm Free / \$10 NM

Facilitators: Carole Ridling & Sharon Howell

### Chinese Chat Group

請加入我們用中文隨意討論

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

83202 Wed, Fri Jul 1-31 10:30am–12pm Free

83173 Wed, Fri Aug 5-28 10:30am–12pm Free

83198 Wed, Fri Sep 2-25 10:30am–12pm Free

Facilitator: Poon (Koon-yui) Poon

### 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 are set aside for discussion.

**July Theme: Stylish Comedies**

*Legally Blonde (2001);*

*Miss Congeniality (2005); Ocean's 8 (2018)*

83196

Wed Jul 1-29  
12:30–2:45pm Free / \$10 NM

**August Theme: Nostalgia**

*Grease (1978); Back to the Future (1985); Now and Then (1995)*

83217

Wed Aug 5-26  
12:30–2:45pm Free / \$10 NM

**September Theme: Friendship**

*Victoria and Abdul (2017);*

*Breakfast Club (1985); A Real Pain (2025)*

83191

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

Facilitator: Virginia Miscione

### Our Choices and Understandings

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

83179 Tue Jul 7-28 12:30–2pm Free / \$10 NM

83193 Tue Aug 4-25 12:30–2pm Free / \$10 NM

83180 Tue Sep 1-29 12:30–2pm Free / \$10 NM

Facilitator: Rick Mottau

### Parkinson's Disease Support Group

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

83178 Mon Jul 13 12–1pm Free

83200 Mon Aug 10 12–1pm Free

83208 Mon Sep 7 12–1pm Free

Facilitator: Tim Keil

# Fitness



## 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.

83158	M, W, F Jul 1-29*	11:10am-12:10pm \$48 / \$72 NM
83166	M, W, F Aug 3-31	11:10am-12:10pm \$52 / \$78 NM
83160	M, W, F Sep 14-25	11:10am-12:10pm \$32 / \$48 NM

Instructors: Debby Grant & Cathy Reineke

Location: Lynnwood Recreation Center, Fitness Studio

\*No class: July 3

## 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.

83165	Mon, Wed Jul 6-27	10-10:50am \$48 / \$64 NM
83154	Mon, Wed Aug 5-31	10-10:50am \$48 / \$64 NM
83162	Mon, Wed Sep 21-30	10-10:50am \$24 / \$32 NM

Instructor: Marie-Lou Andresen

Location: Lynnwood Recreation Center, Room 102

## Enhance Fitness Program

Eligible members of Kaiser WA may participate in Enhance classes for free with an application at LSC prior to attending class.

## Lite Fitness

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

83168	Tue, Thu Jul 2-30	10-11am \$36 / \$54 NM
83164	Tue, Thu Aug 4-25	10-11am \$28 / \$42 NM
83157	Tue, Thu Sep 1-24	10-11am \$32 / \$48 NM

Instructor: Elham Sadeghein

## **NEW** SAIL Fitness

Stay Active and Independent for Life (SAIL) is an evidence-based fall prevention program centered around strength, balance, and fitness. The intermediate level exercises can be done standing or sitting and are suitable for all fitness levels.

84690	Tue, Thu Jul 7-30	8:50-9:50am \$32 / \$48 NM
84691	Tue, Thu Aug 4-27	8:50-9:50am \$32 / \$48 NM
84692	Tue, Thu Sep 15-29	8:50-9:50am \$20 / \$30 NM

Instructor: Jan Sheeley

Location: Lynnwood Recreation Center, Fitness Studio

## Line Dance

Line Dance is all about moving and having fun. In this easy upbeat class, you'll move to a wide variety of music including Rock & Roll, Hip Hop, Salsa, Cha Cha, Country Western and more. Exercise never felt like such fun! This class is for people of all experience and ability levels.

83151	Tue, Thu Jul 2-30	11:10am-12pm \$54 / \$72 NM
83156	Tue, Thu Aug 4-27	11:10am-12pm \$48 / \$64 NM
83152	Tue, Thu Sep 1-29*	11-11:50am \$42 / \$56 NM

Instructor: Marie-Lou Andresen

\*No class: September 15, 17

## 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. Class will meet outside LSC on dry days through the summer, and during Recreation Center closure.

83153	Mon, Wed Jul 6-27	11am-11:50am \$48 / \$64 NM
83167	Mon, Wed Aug 3-31	11am-11:50am \$42 / \$58 NM
83159	Mon, Wed Sep 2-30*	11am-11:50am \$36 / \$48 NM

Instructor: Marie-Lou Andresen

Location: Lynnwood Recreation Center, Room 102

No class: September 14, 16

## **NEW** Morning Stretch & Mindfulness

Start your day with gentle movement and a calm mind in this class that focuses on improving mobility, reducing stiffness, and supporting overall well-being through easy-to-follow stretches and guided mindfulness. Perfect for all ability levels.

84693	Tue, Thu Jul 7-30	9-9:50am \$32 / \$48 NM
84697	Tue, Thu Aug 4-27	9-9:50am \$32 / \$48 NM
84699	Tue, Thu Sep 1-29	9-9:50am \$36 / \$54 NM

Instructor: Elham Sadeghein

## 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 caught up to speed. Thursday is instruction; Tuesday is practice and rehearsal.

83912	Tue, Wed Sep 14-29	1-2pm \$12 / \$16 NM
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Instructor: Melissa Olson

Location: Lynnwood Recreation Center, Room 102



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

Need help? Give us a call.

## Events

## Presentations

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



### Meet the Mayor Root Beer Float Social

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

83873 Thu Jul 2 2-2:45pm Free

### LSC Birthday Celebration

Be sure to attend LSC's quarterly birthday party! Everyone is invited – register early to get your spot. LSC members with birthdays in July, August, and September sign up for free. Sponsored by: Brookdale Alderwood.

83876 Fri Aug 21  
12:30-2pm Free/\$5/\$10 NM

### Summer Cookout

Join us for a fun afternoon of food, music, and games on the lawn outside LSC.

83874 Fri Sep 4 12:30-2:30pm \$8/\$13 NM

### Spaghetti and Wine Fundraiser

Celebrating National Senior Center Month with a fundraiser to support the programs of the Lynnwood Senior Center. Registration is free, but please be prepared to make a donation at the fundraiser.

83875 Wed Sep 23 5pm

See back page for more details!



### What Can AI Do For You?

AI is in the news lately, but what does it mean for you? Alex Yu, a Computer Engineering student at the University of Washington, will break down what AI is in plain language, separate the hype from what's useful, and show real examples of how it can help with everyday tasks. Whether you're curious, skeptical, or just want to see what all the fuss is about, come check it out!

83871 Tue Jul 14 1-2:30pm Free

### Homage Senior Services Series

Join us for a two-part presentation featuring Snohomish County's resource for older adults and people with disabilities. Homage provides essential programs to support independence, safety, and well-being throughout our community including Social Services, Mental Health, Nutrition, Minor Home Repair, and Transportation Assistance. Learn how these programs work, who qualifies, and how to access support for yourself, loved ones, or community members. Attend one or both informational sessions.

84657 Tue Aug 11 1-2pm Free

84658 Tue Sep 15 1-2pm Free



### Group Travel with LSC in 2027

Come learn about the adventures awaiting you next year. Group travel is convenient, costeffective, and fun! Flyers are available at the front desk for all trips listed below.

#### Premiere World Discovery Trip Presentation

Arizona Spring Training Explorer  
– March 14, 2027 –

Sunny San Diego & So Cal Highlights  
– October 21, 2027 –

83886 Thu Jul 9 1-2:30pm Free

#### Mayflower Trip Presentation

Colorado's Historic Trains  
– June 18, 2027 –

Albuquerque Balloon Fiesta  
– October 8, 2027 –

83885 Tue Jul 21 1-2:30pm Free

# Classes & Activities



## Chinese Calligraphy Workshop

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

83142 Mon Jul 6-27 1-2:30pm Free / \$10 NM

83108 Mon Aug 3-31 1-2:30pm Free / \$10 NM

83148 Mon Sep 7-28 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 on hand, or bring your own.

83134 Mon Jul 7-28  
10:30am-12pm Free / \$10 NM

83139 Mon Aug 4-25  
10:30am-12pm Free / \$10 NM

83125 Mon Sep 1-29  
10:30am-12pm Free / \$10 NM

Facilitator: Vee Harris

## DIY Crafts: Mosaic Coasters

We'll create a set of unique coasters while learning a fresh approach to mosaic art. Great for beginners, this technique allows for beautiful results in a shorter time frame. All supplies included. Pre-registration required.

83895 Fri Aug 14 12-2:30pm \$25 / \$31 NM

Instructor: Shelley Coster

## Let's Get Crafty – Card Class

Assemble birthday, Autumn and Halloween themed handmade cards this month. Supplies are included. Pre-registration required before first day of class.

83911 Tue Sep 1 12:30-2:45pm \$8 / \$14 NM

Instructor: Joanne Cooney

## 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.

83127 Thu Aug 6-27  
12:30-2:30pm \$24 / \$32 NM

83111 Thu Sep 3-24  
12:30-2:30pm \$24 / \$32 NM

Instructor: Donella M Robbins

## Flower Arranging

Every week you'll take home a self-designed flower arrangement. 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.

83131 Wed Jul 1-29  
9:30-10:15am \$20 / \$30 NM

83137 Wed Aug 5-26  
9:30-10:15am \$16 / \$24 NM

83113 Wed Sep 2-30  
9:30-10:15am \$20 / \$30 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.

83133 Wed Jul 1-29  
10:30am-12pm Free / \$10 NM

83136 Wed Aug 5-26  
10:30am-12pm Free / \$10 NM

83119 Wed Sep 2-23  
10:30am-12pm Free / \$10 NM

Facilitator: Darlene Moses

# Classes & Activities + Games



## 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

### Pinochle

Tue 9–11:30am Free/\$10 NM

Facilitator: Jan Dahlggaard

### Bunco Party

Tue Jul 7, Aug 4, Sep 8  
12:30–2:45pm Free/\$10 NM

Facilitator: Anita Buxton

### Mexican Train (Dominoes)

Wed 12–1:30pm Free/\$10 NM

Facilitator: Kay Chorba

### Cribbage

Thu 10–11:30am Free/\$10 NM

Facilitator: Barbara Buckler

### Party Bridge

Thu 11:30am–2:30pm Free/\$10 NM

Facilitator: Mark Yuhas

### MahJong

Fri 10am–12:30pm Free/\$10 NM

Facilitator: Kay Chorba

**GAMES ARE FREE FOR MEMBERS**

\$10.00 per month for non-members

## 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.

83124	Fri Jul 10-31 10–11:30am Free/\$10 NM
83147	Fri Aug 7-28 10–11:30am Free/\$10 NM
83126	Fri Sep 4-25 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 donated yarn are provided.

83116	Mon Jul 6-27 9:30–11am Free
83141	Mon Aug 3-31 9:30–11am Free
83143	Mon Sep 7-28 9:30–11am Free

Facilitator: Susan Fogarty

## Tech Support

If you have questions or need to find out more about your computer, tablet or smart phone, call LSC to schedule an appointment to ask our tech support volunteers your questions. Please prepare your questions and bring your device to your appointment, PC's available onsite.

Tuesdays & Thursdays 12:30–2pm Free




Wednesdays 10am–1pm Free

Instructors: Steve Ashurst & Ben Benson



Visit our website at [PlayLynnwood.com](http://PlayLynnwood.com)

# 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
- ✓ bug spray
- ✓ 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

## Walking Group

Join us for a neighborhood walk departing from LSC on Thursdays. Group meets at 10:50am in the LSC lobby and walks for 45min-1hr. Dogs and well-behaved people encouraged to join.

Thursdays 11am-12pm Free

## Hikes



### Camano Island State Park



A fine little park with beach access, camping, a boat launch and trails. Popular in the summer, this is a great place for a quiet hike with views, a forest walk, birding and beachcombing. We'll start with the AI Emerson Loop Trail and follow with beach exploring. Note that the beach is rocky and trekking poles could help with balance.

- Up to 2 miles
- About 150' elevation gain

83944 Thu Jul 9 9am-4:30pm \$30/\$36 NM

### Little Mashel Falls, Eatonville



We'll follow the Bud Blancher Trail to the three waterfalls. The falls are not "little"; the name derives from the Little Mashel River (pronounced "Michelle"). The biggest one drops 90 feet! We'll start at the trailhead and head out on a crushed gravel path, cross the river on sturdy bridges and then follow the dirt path that includes some brief steeper sections.

- 4.5 miles round trip
- 500' elevation gain

83945 Mon Jul 13 8:45am-6pm \$34/\$40 NM

### Hike and Explore Lopez Island with Eric



Eric will take you to some of his favorite places on this beautiful island in the San Juans. We'll explore parks, beaches, and viewpoints during the day and stop in Lopez Village for a bite to eat. Bring your sack lunch or enjoy meal on your own at a bistro. We'll end the day with a couple more stops before sailing back to Anacortes and heading home. You won't want to miss this one!

- 3-4 miles
- 100' elevation gain

83946 Thu Jul 23 7am-7pm \$64/\$70 NM

### Iron Goat Trail via Martin Creek Trailhead, Skykomish



This is a gentle walk along the old Great Northern railroad grade built over the Cascades in 1893. It was considered the best engineered of the transcontinental railroads at the time. We'll venture through railroad history including views of tunnels, rusting relics, cement snow sheds and the big red caboose. Poles optional.

- 5.6 miles round-trip
- 656' Elevation gain

83956 Mon Jul 27 8:45am-5pm \$36/\$40 NM

## Hikes



### Explore the Northend of Mercer Island Via 2Line



Bring your Orca Card (or buy your ticket at the station), sack lunch and water to scout out the north end of Mercer Island. We'll ride the new 2Line from Lynnwood to the Mercer Island stop. Our hike includes sidewalks and trails with stops at viewpoints and parks. We'll meet at the Overflow lot as usual.

- 3 miles round-trip
- Up to 300' elevation gain

83957 Thu Aug 6 9am-4:30pm \$24/\$30 NM

### Naches Loop, Mt Rainier



We'll follow the Pacific Crest Trail on the northern flank of Naches Peak and the Naches Peak Trail on the southern flank. The loop is best done clockwise for outstanding views of Mount Rainier. This hike displays some of the best parts of hiking in this National Park.

- 3.2 miles
- 600' elevation gain

83958 Mon Aug 10 8am-6:30pm \$38/\$44 NM

### Old Government, Mountain Loop Hwy



This is a pleasant, short, lowland forest walk, accessed in Barlow Pass. We'll start off by heading down the Barlow Point Trail, then branch off onto the even-quieter Old Government trail.

- 4 miles round-trip
- 300' elevation gain

83959 Thu Aug 20 8:45am-4pm \$34/\$40 NM

### Hurricane Hill, Olympic National Park



The starts off right with expansive views of the Bailey Range right from the parking area. We'll also stop at the newly built Visitors Center then follow the wide pathway along a south-facing traverse. Our path consists of three generous switchbacks to a summit complete with interpretive signs pointing out the visible peaks and towns, as well as the various burns that have come through this area.

- 3.2 miles
- 650' elevation gain

83960 Mon Aug 24 7:45am-6pm \$44/\$50 NM

### Lake Whatcom via Hertz Trail, Bellingham



We'll follow the Hertz Trail alongside Lake Whatcom offering views, wildflowers and waterfalls. There are lots of large Douglas fir trees, cedar, maple and Madrone trees along the way. The out-and-back trail is easy and beautiful with plenty of stops for photos and soaking up nature.

- Up to 5 miles
- 200' elevation gain

83962 Thu Sep 10 8:45am-5pm \$32/\$38 NM

### Baker River Trail, Concrete



Take a mellow walk on a trail that wanders among large old trees and huge mossy boulders. The trail alongside Baker River takes you on a path of gentle up and downs, with some easy stream crossings and past open areas filled with young alder, huckleberry and salmonberry.

- 5.2 miles
- 300' elevation gain

83963 Mon Sep 14 8am-4:30pm \$36/\$42 NM

\* Indicates a non-refundable trip

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

## Outdoor Adventures



### Bowman Bay Kayak\*

Anacortes Kayak Tours will guide you through one of the most beautiful areas to explore by sea during this 1.5 hr. Deception Pass tour. Bowman Bay offers a protected area to view aquatic and land wildlife up close. All boats are tandem. A list of necessary attire and gear is available at the front desk.

83961 Mon Aug 31 7am-5:15pm \$96/\$102 NM

### Millersylvania State Park, Tenino



This beautiful park just south of Olympia on Deep Lake offers wide trails, well-marked, with an abundance of wildlife viewing. Some of the trails can be muddy but there are raised walkways over the bogs. This park offers boating, camping and more than 8 miles of hiking trails. We'll venture along three of those miles.

- 3 miles
- Up to 200' elevation gain

83964 Thu Sep 24 8:15am-5pm \$36/\$42 NM

### Artists Point, Mt Baker



This beautiful area located on the shoulders of Mt Baker offers amazing views of Mount Baker and Mount Shuksan, great trails and lots of heather and huckleberry fields. Enjoy the bright colors on this early Fall hike accessible for less than three months each year.

- 4.4 miles round-trip
- 980 Elevation gain

83965 Mon Sep 28 8am-6:30pm \$36/\$42 NM

# 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 \*



## July Trips

Sign-up ongoing. Ask about current registration availability.

- July 7** Island Adventures Whale Watching\*
- July 11** Redmond Arts Festival
- July 16** North Cascades Visitor Center (& BBQ!)
- July 22** U-Pick Produce – Bellingham/Whatcom County
- July 25** Oliver! at Kitsap Forest Theatre\*

\* Indicates a non-refundable trip

All trips are fragrance-free.

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

## Difficulty Key

- ☺ **Minimal** walking
- ☺☺ **Minimal to Moderate** walking and/or some stairs
- ☺☺☺ **Moderate** walking and/or at least one flight of stairs
- ☺☺☺☺ **Moderately difficult;** lots of walking and/or many stairs or other challenges

## Take Me Out to the Mariners\* ☺☺

Catch all the action as the Seattle Mariners take on the Detroit Tigers. Hop aboard the LSC bus for this special Senior Day outing featuring onsite parking, Terrace Club seating, and a classic ballpark hot dog meal served on the Terrace patio. Cheer on the home team with good food and great company.

83820 Thu Aug 6  
11:15am–5:30pm \$86/\$92 NM

Sign-up-date: July 10

## Macbeth – Shakespeare in the Park ☺☺

Shakespeare's most electrifying thriller has it all: dark magic, ruthless ambition, spectacular downfalls, and some of the most famous scenes in all of theatre. We're heading down to Mercer Island Luther Burbank Park for an outdoor evening of intrigue with Wooden O, Seattle Shakespeare Theatre. Bring a blanket, lawn chair or stadium seat for the open grass and snacks or picnic meal.

83822 Wed Aug 12  
4:30–9pm \$24/\$30 NM

Sign-up-date: July 10

## Olympic Game Park ☺

Experience the thrill of coming face-to-face with animals like yaks, bison, brown bears, and llamas, all from the comfort of our vehicle. This family-owned farm in Sequim has been delighting visitors for over 50 years with 84 acres of terrain filled with wildlife and animals that are not hesitant to come right up to your car. We will grab a bite to eat before the return ferry home. Times subject to change based on ferry schedules.

83824 Tue Aug 18  
8:15am–5:30pm \$62/\$68 NM

Sign-up-date: July 10

## Ballard Locks Fish Ladder ☺☺

Three species of Pacific Salmon pass through the Locks during the summer months and travel 40-50 miles upriver to spawn. Chinook are at peak viewing this month! We'll take a self-guided tour of the innovative Salmon Education Center and learn about the PNW Salmon species that migrate through the Locks each year. We'll make time for some local sightseeing and food options.

83826 Wed Aug 26  
9:30am–2:30pm \$24/\$30 NM

Sign-up-date: July 10

## Woodland Park Zoo\* ☺☺

Join us for a relaxing and fun day at Seattle's award-winning wildlife sanctuary! Enjoy easy walking paths, shaded resting spots, and a chance to see lions, penguins, giraffes, and other favorites up close. Explore at your own pace and take in the beautiful setting. It's sure to be otter-ly delightful!

83827 *Fri Aug 28*  
9:30am-2:30pm \$52/\$58 NM

Sign-up date: July 10

## Evergreen State Fair\* ☺☺ – ☺☺☺

We're returning to the Evergreen State Fair in Monroe for all your favorite fair-time fun — carnival rides, scones, barn displays, horse events, and more! This includes fair admission; food and other purchases are on your own.

83828 *Tue Sep 1*  
10am-4pm \$30/\$38 NM

Sign-up date: August 14

## Friday Harbor for the Day ☺☺ – ☺☺☺

You'll have time to explore the shops and enjoy lunch at your own pace in scenic Friday Harbor. The journey there is half the fun, as we walk onto the ferry and wind our way through the Puget Sound to San Juan Island. Lunch and other purchases are on your own. Times are subject to change based on ferry schedules.

83860 *Wed Sep 9*  
7am-5pm \$42/\$48 NM

Sign-up date: August 14

## Bloedel Reserve – A Wonder of Nature ☺☺☺

Sweeping vistas, woodland trails, and unique gardens combine to make the 140-acre garden and wildland created by Prentice and Virginia Bloedel, a natural tapestry unlike anything you may have seen. We'll enjoy a guided tour of these sprawling gardens and have some time to visit downtown Bainbridge for lunch and window shopping along the way. Times subject to change based on ferry schedule.

83829 *Wed Sep 16*  
9am-6pm \$52/\$58 NM

Sign-up date: August 14

## Dinner with the Gothard Sisters\* ☺☺☺

A Ride the Link Trip: Join us for an evening at The Triple Door in downtown Seattle and the lively Celtic music of The Gothard Sisters. This talented trio brings fiddle tunes, dancing and warm storytelling to the stage. Full table service with a menu from Wild Ginger restaurant is provided throughout the performance; transit fare and all food and beverage selections are on your own at an additional cost. The theatre is approx. 1 block from the Symphony station exit.

83862 *Thu Sep 24*  
5:15-10pm \$58/\$64 NM

Sign-up date: August 14

## Lake Washington Photography Walk ☺☺☺

Explore the scenic trails of the UW Arboretum and Foster Island on a guided photography walk. We'll wander through lush gardens, wetlands, and shoreline paths, capturing fall foliage, wildlife, and sweeping views of Lake Washington. All skill levels welcome — bring your smartphone or camera and enjoy learning tips for composing beautiful landscape and nature shots with our favorite in-house photographer George McKenzie. Bring a sack lunch to enjoy in the park.

83863 *Wed Sep 30*  
10am-2pm \$22/\$28 NM

Sign-up date: August 14

## A Night of Bright Ideas\* ☺

Ignite Seattle is an energetic, curated showcase of rapid-fire talks where community members share creative insights, personal stories, and big ideas in just five minutes and 20 slides. Held at Town Hall Seattle, this event is reliably popular at LSC. We have reserved seats and will stop for dinner on the way there.

83864 *Thu Oct 1*  
4-10pm \$26/\$32 NM

Sign-up date: September 11

## Thrifting with George ☺☺

Hit the road on the hunt for seasonal treasures with our resident thrift-savvy Trip Leader to a surprise region of the PNW. We'll stop and browse at several different shops with time for lunch on your own in between.

83866 *Wed Oct 7*  
9am-3pm \$24/\$30 NM

Sign-up date: September 11

## Dracula:

### A Comedy of Terrors\* ☺

We're heading north to Anacortes Community Theatre for a wildly irreverent, quick-change spoof of the classic tale, filled with gender bending twists, over-the-top character swaps, and flirtatious, tongue in cheek humor. Think Bram Stoker meets Mel Brooks!

83867 *Sun Oct 11*  
12-6pm \$52/\$58 NM

Sign-up date: September 11

## Craven Farm's Fall Festival ☺☺

Join us for a fun Fall day! Explore the pumpkin patch, wander through the corn maze, enjoy seasonal treats, and soak up the festive autumn atmosphere. This charming Snohomish tradition offers something for everyone. Choose your adventure, entrance is free with optional activities available to purchase onsite.

83910 *Sat Oct 17*  
9:30am-2pm \$28/\$34 NM

Sign-up date: September 11

## Search for a Murder... of Crows! ☺

For over a decade a large group, or Murder, of crows roosted nightly at the UW Bothell Campus. Then they mysteriously disappeared. We'll head to what is believed to be their new location in Redmond to experience the sunset pre-roost of over 10,000 crows, before they settle in for the night in a nearby park. A food stop on your own will be included along the way.

83868 *Wed Oct 21*  
4:30-7pm \$22/\$28 NM

Sign-up date: September 11

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

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# Spaghetti & Wine

LSC Foundation Fundraiser

*Celebrating National Senior Center Month*



September 23 | 5pm

**TICKETS ARE FREE!**

Call or stop by LSC to register

– Pre-registration Required –

Guests will be encouraged to make a contribution to support the operations and programs of Lynnwood Senior Center.

 **LYNNWOOD**  
WASHINGTON  
PARKS, RECREATION & CULTURAL ARTS



*The Lynnwood Senior Center will be closed the following holidays:*  
**INDEPENDENCE DAY** JULY 3-4 | **LABOR DAY** SEPTEMBER 7