

OCTOBER | NOVEMBER | DECEMBER 2026

# The Messenger

LYNNWOOD SENIOR CENTER



Seasonal Events  
– page 5 –

Chinese Painting  
– page 6 –

Winter Hiking  
Preparation  
– page 8 –

# 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**  
[scoster@lynnwoodwa.gov](mailto:scoster@lynnwoodwa.gov)

## LSC Foundation

### Board Officers

**Sydney Hoard:** Chair

**Terry Strausser:** Treasurer

**Donna Schneider:** Secretary

**David Quarders:** Board Member

**Tim Radtke:** Board Member

**Susan Schrock:** Board Member

**Patricia Sheehan:** 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

**Janet Allen**, February 2026

**Keith Lockwood**, July 2026

**Rick Mottau**, July 2026

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Registration for trips and courses, including appointment services, without an (\*) may be withdrawn for credit up to three business days prior to start date or departure.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

### Foot Care Appointments

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

**Mondays 9am–2:30pm \$35 / \$40 NM**

**Providers: Rose Stanton & Nelly Njeru**

### SHIBA Appointments

Statewide Health Insurance Benefits Advisors can help you with your Medicare questions. Call LSC to schedule your on-hour appointment. Bring your Medicare card with you if you have one. A few extra appointments will be added during the Fall open enrollment period.

**Thu Oct 15 & 29 12–3pm Free**

**Thu Nov 5 & 19 12–3pm Free**

**Thu Dec 3 12–3pm Free**

**Provider: Laura Ballard**

### Fuel the Coffee Fund

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

We appreciate your generosity!

## Discussion Groups

### Coffee Chat

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

**Monday-Fridays 9am–1pm Free**

### Chinese Chat

#### 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.

**87536 Wed, Fri Oct 2-30 10:30am–12pm Free / \$10 NM**

**87573 Wed, Fri Nov 4-20 10:30am–12pm Free / \$10 NM**

**87574 Wed, Fri Dec 2-18 10:30am–12pm Free / \$10 NM**

**Facilitator: Poon (Koon-yui) Poon**

### 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.

**October Selection: *The Boys in the Bunkhouse: Servitude & Salvation*, by Dan Berry**

**86420 Tue Oct 27 1:30–2:30pm Free / \$10 NM**

**November Selection: *American Spy*, by Lauren Wilkinson**

**86421 Tue Nov 24 1:30–2:30pm Free / \$10 NM**

**December Selection: *Becoming Clementine*, by Jennifer Niven**

**86422 Tue Dec 15 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.

**86423 Fri Oct 2-30 12:30–2:30pm Free / \$10 NM**

**86425 Fri Nov 6-27 12:30–2:30pm Free / \$10 NM**

**86424 Fri Dec 4-25 12:30–2:30pm Free / \$10 NM**

**Facilitator: Sharon Howell**

### Movie Watch Party

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

#### October Theme: Mystery

***Clue* (1985); *National Treasure* (2004); *Sheep Detectives* (2026)**

**86428 Wed Oct 7-28 12:30–2:45pm Free / \$10 NM**

#### November Theme: Resilience

***Where the Crawdads Sing* (2022); *Life of Pi* (2012); *The Color Purple* (1985)**

**86426 Wed Nov 4-25 12:30–2:45pm Free / \$10 NM**

#### December Theme: Winter Beasts

***Edward Scissorhands* (1990); *Reindeer Family & Me* (2017) & *American Arctic* (2022); *Beauty and the Beast Live action* (2017)**

**86427 Wed Dec 2-16 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.

**86362 Tue Oct 6-27 12:15–1:45pm Free / \$10 NM**

**86363 Tue Nov 3-24 12:15–1:45pm Free / \$10 NM**

**86364 Tue Dec 1-29 12:15–1:45pm Free / \$10 NM**

**Facilitator: Karen Kahn-Rice**

### 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.

**86429 Mon Oct 12 12–1pm Free**

**86430 Mon Nov 9 12–1pm Free**

**86431 Mon Dec 14 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.

|       |                                                    |
|-------|----------------------------------------------------|
| 86351 | M, W, F Oct 2-30<br>11:10am–12:10pm \$52 / \$78 NM |
| 86353 | M, W, F Nov 2-30<br>11:10am–12:10pm \$40 / \$60 NM |
| 86352 | M, W, F Dec 2-18<br>11:10am–12:10pm \$32 / \$48 NM |

Instructor: Debby Grant & Janice Sheeley  
Location: Lynnwood Recreation Center, Fitness Studio  
No class Nov. 9, 11, 26, 27

## Lite Fitness

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

|       |                                             |
|-------|---------------------------------------------|
| 86356 | Tue, Thu Oct 1-29<br>10–11am \$36 / \$54 NM |
| 86658 | Tue, Thu Nov 3-24<br>10–11am \$28 / \$42 NM |
| 86355 | Tue, Thu Dec 1-17<br>10–11am \$24 / \$36 NM |

Instructor: Elham Sadeghein

## 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.

|       |                                                 |
|-------|-------------------------------------------------|
| 86657 | Tue, Thu Oct 1-29<br>8:50–9:50am \$36 / \$54 NM |
| 96663 | Tue, Thu Nov 3-24<br>8:50–9:50am \$28 / \$42 NM |
| 86666 | Tue, Thu Dec 1-17<br>8:50–9:50am \$24 / \$36 NM |

Instructor: Janice Sheeley  
Location: Lynnwood Recreation Center, Fitness Studio

## Morning Stretch & Mindfulness

|       |                                              |
|-------|----------------------------------------------|
| 86595 | Tue, Thu Oct 1-29<br>9–9:50am \$36 / \$54 NM |
| 86596 | Tue, Thu Nov 3-24<br>9–9:50am \$28 / \$42 NM |
| 86594 | Tue, Thu Dec 1-17<br>9–9:50am \$24 / \$36 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.

|       |                                                |
|-------|------------------------------------------------|
| 86349 | Mon, Wed Oct 5-28<br>10–10:50am \$42 / \$56 NM |
| 86348 | Mon, Wed Nov 2-30<br>10–10:50am \$48 / \$64 NM |
| 86350 | Mon, Wed Dec 2-16<br>10–10:50am \$30 / \$40 NM |

Instructor: Marie-Lou Andresen  
Location: Lynnwood Recreation Center, Room 102  
No class Oct 12, Nov. 11

## Enhance Fitness Program

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

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

## Intermediate Tap Dance

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

|       |                                        |
|-------|----------------------------------------|
| 86661 | Tue, Thu Oct 1-29 1–2pm \$30 / \$40 NM |
| 86662 | Tue, Thu Nov 3-24 1–2pm \$18 / \$24 NM |
| 86354 | Tue, Thu Dec 3-10 1–2pm \$8 / \$16 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.

|       |                                                  |
|-------|--------------------------------------------------|
| 86347 | Tue, Thu Oct 1-29<br>11:10am–12pm \$54 / \$72 NM |
| 86345 | Tue, Thu Nov 3-24<br>11:10am–12pm \$42 / \$56 NM |
| 86346 | Tue, Thu Dec 1-17<br>11:10am–12pm \$36 / \$48 NM |

Instructor: Marie-Lou Andresen

## 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.

|       |                                                |
|-------|------------------------------------------------|
| 86609 | Mon, Wed Oct 5-28<br>11–11:50am \$42 / \$56 NM |
| 86611 | Mon, Wed Nov 2-30<br>11–11:50am \$48 / \$64 NM |
| 86652 | Mon, Wed Dec 2-16<br>11–11:50am \$30 / \$40 NM |

Instructor: Marie-Lou Andresen  
Location: Lynnwood Recreation Center, Room 102  
No class Oct 12, Nov. 11

## Events

## Presentations

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



### Meet the Mayor Root Beer Float Social

Come in to visit with 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.

87556 Thu Oct 1 2-2:45pm Free

### Harvest Social

Get into the fall spirit at our Harvest Social! Test your taste buds in our apple tasting contest, and vote for your favorite. Enjoy seasonal treats, sip on warm drinks, and soak in the cozy autumn vibes. You might even find yourself dancing to some festive tunes. Bring a friend and celebrate all things Autumn at LSC.

87575 Fri Oct 23  
12:30-2:30pm \$8/\$14 NM

### LSC Foundation Annual Holiday Bake & Craft Sale

Here's your chance to pick-up some homemade goodies in time for Thanksgiving, or even a little treat for yourself! Stop by the LSC lobby to browse this year's selections!

Mon, Tue, Wed Nov 23-25 9:30am-1pm

This special fundraising event is fully operated by the LSC Foundation, a 501(c) 3 that raises money for our Center. The Foundation Board gratefully accepts donated craft items and baked goods to support this sale. Please sign-up at the front desk and a Board member will contact you.

### LSC Birthday Celebration

This party is for everyone! Come join us for lunch, birthday cake, and celebrations. LSC members with your birthday in October, November, or December, you get to register for free.

87557 Fri Nov 20  
12:30-2pm Free/\$5/\$10 NM

### Voices Northwest Holiday Performance

Celebrate the holiday season at LSC with Voices Northwest, a local award-winning women's a cappella chorus known for its rich harmonies and joyful performances. This talented group brings singers from throughout the region together to share a love of choral music and camaraderie. Join us at LSC for an uplifting holiday performance featuring festive favorites, beautiful harmonies, and seasonal cheer.

87559 Fri Dec 11 1-2pm \$8/\$14 NM



### Scam and Fraud Prevention

Ever get text messages about an overdue fine for going on the toll lane? Or emails that say your account is closing if you don't transfer money over now? Those are most likely scams! Being educated and alert is key to making good decisions. Learn from the Lynnwood Police Crime Prevention team about common scams and frauds and the techniques to lessen your chances of becoming victimized.

87560 Tue Oct 20 1-2:30pm Free

### What Does the LSC Foundation Do?

Come learn how the Foundation supports the Senior Center, discover some of its exciting programs and services, and find out how these efforts help make our community stronger. You may even find a new opportunity to get involved! Enjoy a little treat while you listen, and you might even walk away with a small giveaway.

87561 Tue Oct 27 1-2:30pm Free

### Dementia Friends Session

Offered through Homage, Dementia Friends is a welcoming opportunity to learn more about dementia, challenge common misconceptions, and discover simple ways we can support people living with dementia and their families. Through discussion and practical tips, participants will gain greater understanding, confidence, and awareness of how small actions can make a positive difference in our community.

87562 Tue Nov 10 1-2:30pm Free

### Nature's Photo Journal

Spend some time with our favorite photographer George and co-presenter Santino as they share their passion for photography and nature.

83872 Tue Nov 17 1-2:30pm Free

# Classes & Activities



## Introduction to Traditional Chinese Painting

Learn proper brush techniques and how the brushes, ink and color work with special absorbent paper. Bamboo and orchids are the top two subjects for Chinese painting. At the first class you'll be given a supply list and tips on where to find what you need.

|       |              |          |              |
|-------|--------------|----------|--------------|
| 86334 | Mon Oct 5-26 | 1-2:30pm | \$24/\$32 NM |
| 87563 | Mon Nov 2-30 | 1-2:30pm | \$30/\$40 NM |
| 57564 | Mon Dec 7-14 | 1-2:30pm | \$12/\$16 NM |

Instructor: 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.

|       |              |              |              |
|-------|--------------|--------------|--------------|
| 86452 | Tue Oct 6-27 | 10:30am-12pm | Free/\$10 NM |
| 86453 | Tue Nov 3-24 | 10:30am-12pm | Free/\$10 NM |
| 86454 | Tue Dec 1-15 | 10:30am-12pm | Free/\$10 NM |

Facilitator: Vee Harris

## 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.

|       |              |              |              |
|-------|--------------|--------------|--------------|
| 86612 | Thu Oct 1-29 | 12:30-2:30pm | \$30/\$40 NM |
| 86474 | Thu Nov 5-19 | 12:30-2:30pm | \$18/\$24 NM |
| 86475 | Thu Dec 3-17 | 12:30-2:30pm | \$18/\$24 NM |

Instructor: Donella M Robbins

## DIY Workshop: Mini Pumpkin & Rock Painting

Get creative with colorful paints and fun fall designs. Paint new rocks or those you started last session, or a mini pumpkin for your seasonal decor. All supplies included. Just bring your creativity and have fun!

Pre-registration required.

|       |           |              |              |
|-------|-----------|--------------|--------------|
| 87594 | Fri Nov 6 | 12:30-2:30pm | \$10/\$16 NM |
|-------|-----------|--------------|--------------|

Instructor: Shelley Coster

## Flower Arranging

Every week you'll take home a flower arrangement of your own design. 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.

|       |              |              |              |
|-------|--------------|--------------|--------------|
| 86592 | Wed Oct 7-28 | 9:30-10:15am | \$16/\$24 NM |
| 86613 | Wed Nov 4-25 | 9:30-10:15am | \$12/\$18 NM |
| 86344 | Wed Dec 2-16 | 9:30-10:15am | \$12/\$18 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.

|       |              |              |              |
|-------|--------------|--------------|--------------|
| 86457 | Wed Oct 7-28 | 10:30am-12pm | Free/\$10 NM |
| 86456 | Wed Nov 4-25 | 10:30am-12pm | Free/\$10 NM |
| 86455 | Wed Dec 9-30 | 10:30am-12pm | Free/\$10 NM |

Facilitator: Darlene Moses

# Classes & Activities + Games



## Let's Get Crafty Card Class

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

86782 Tue Dec 1 12:30–2:30pm \$8/\$14 NM

Instructor: Joanne Cooney

## Quilting

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.

86338 Fri Oct 2-30 10–11:30am Free/\$10 NM

86337 Fri Nov 6-27 10–11:30am Free/\$10 NM

86339 Fri Dec 4-25 10–11:30am Free/\$10 NM

Facilitator: Myrtle Guild

## Walking Group

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

Thursdays 111am–12pm Free

Facilitators: Brian Tress, Jo-Ann Howard, & Rosalie Allgor

## 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.

86342 Mon Oct 5-26 9:30–11am Free

86343 Mon Nov 2-30 9:30–11am Free

86341 Mon Dec 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 ( or drop-in) to ask our tech support volunteers your questions. Please prepare your tech questions and bring your computer, tablet or smart phone that you need help with to your appointment.

Tuesdays & Thursdays 12:30–2pm Free

Wednesdays 10am–1pm Free

Instructors: Steve Ashurst & Ben Benson

## Ongoing Games



Please register monthly for games

## Bingo

Mon 12:30–2:30pm Free/\$10 NM

Facilitator: Jeff Baird

## Canasta

Mon 9:30am–12pm Free/\$10 NM

Facilitator: Sharon Jacobson

## Pinochle

Tue 9–11:30am Free/\$10 NM

Facilitator: Jan Dahlgaard

## BUNCO Party

Tue Oct 6, Nov 3, Dec 8  
12:30–2:45pm Free/\$10 NM

Facilitator: Anita Buxton

## Mexican Train (Dominoes)

Wed 12–1:30pm Free/\$10 NM

Facilitator: Dora Cantu

## Cribbage

Thu 9:30–11:30am 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
- ✓ 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

## Winter Hiking Preparation



Gear up with your winter layers, boots and hats for a fun and safe cold-weather hiking season! Join Eric and Kay for a winter kickoff session covering everything you need to know for Northwest winter hiking. We'll show essential gear, packs, boots and clothing for changing conditions, and teach you how to properly use trekking poles (bring yours!). We'll share our must-have gear recommendations, perfect for both new and experienced hikers. You'll leave prepared for a successful winter outdoors with LSC!

*\*Please note – Winter Recreation will not include snowshoe trips in 2027*

86851 Thu Jan 14 1–2:30pm Free

## Hikes

*Hike registrations open on the first business day of the preceding month.  
The first month of hikes for the next session is now included.*

### Spencer Island, Everett ♥

Spencer Island is part of a larger area known as the Snohomish River Estuary and is a stop on the Washington State Great Birding Trail. The mix of saltwater from Possession Sound and fresh water from the Snohomish River create a unique ecosystem, making it one of the best birding spots in Puget Sound. Don't forget your binoculars!

- 3.5 miles / Flat

86838 Thu Oct 8 10am–2:30pm \$32/\$38 NM

### Troublesome Creek, Index ♥♥♥

This nice short trail is easily reached from the closure gate for the Index Galena Road. We will walk about 1.5 miles on broken pavements from there to Troublesome Creek campground. The loop hike follows Troublesome Creek and has sturdy bridges crossing the creek for about a mile. With the campground closed we will have our choice of picnic tables for lunch.

- 4 miles / 400' elevation gain

86839 Mon Oct 12 9am–4pm \$34/\$40 NM

### Meadowdale Beach Park, Edmonds ♥♥

This short hike features beautiful mature second growth forest and beach access. We'll hike down a lushly forested ravine with a babbling creek and follow to its estuary as it empties into Puget Sound. On the beach we'll be treated to panorama of water, the islands, and the Olympic Mountains. We'll take our time on the return hill with benches to rest on our way.

- 2.4 miles / 400' elevation gain

86840 Thu Oct 22 9am–1pm \$30/\$36 NM

### Oyster Dome, Bellingham ♥♥♥♥♥

Oyster Dome, from the Samish Overlook, is a rocky promontory on the western slope of Blanchard Mountain, the grandest member of the Chuckanut Mountain range, offering year-round access to commanding views of the San Juans, Skagit River flats, Olympic Mountains, and Samish Bay. This is a "must do and repeat" hike for enthusiasts!

- 5 miles / 1000' elevation gain

86841 Mon Oct 26 8:45am–3:45pm \$36/\$42 NM

## Hikes



### Mukilteo Waterfront, Mukilteo ♥ 🥾

We'll start at Edgewater Beach Park and follow the paved path west, viewing the Mukilteo Ferry dock and renovated waterfront. We may stop for a snack at Ivars or another favorite on our travels, ending at Lighthouse Park. We'll see marine wildlife, shore birds, ferries, boats and other explorers along our route.

- 3 miles / Flat

86842 Thu Nov 5  
9:30am–1:30pm \$30 / \$36 NM

### Lord Hill Crooked 8 Lakes Loop, Snohomish ♥♥♥ 🥾✂️

This is a series of trails accessed via the park's lesser-known southern trailhead and winds alongside creeks and past serene lakes. If you are lucky, you might spot some of the resident eagles, coyotes, and squirrels. You will get a good forest bath and hiking the hills and ravines will give you a decent workout too!

- 5 miles / 825' elevation gain

86843 Mon Nov 9 9:30am–3pm \$34 / \$40 NM

### Fortson Mill Ponds & Whitehorse Trail, Arlington ♥ 🥾

Once the site of a bustling mill and community of over 300 residents, all that remains are some concrete walls and two beautiful ponds. We'll explore the trails around the ponds and continue our journey by joining the Whitehorse Trail, visit the fish hatchery and then return. We'll see a variety of birds, other wildlife and some peeks at the North Fork Stillaguamish River.

- 3 miles / Flat

86844 Thu Nov 19 9am–1pm \$32 / \$38 NM

### Heybrook Ridge, Index ♥♥♥♥ 🥾✂️

This newly refurbished and updated trail was created in partnership between Snohomish County Parks and Friends of Heybrook Ridge, and laid out and built by WTA volunteers. This short, moderately steep hike will take you through a rocky, moss-covered forest to an incredible view of nearby peaks.

- 3.3 miles / 775' elevation gain

86845 Mon Nov 23 9am–3pm \$34 / \$40 NM

### Centennial Trail #1, Snohomish ♥♥ 🥾

We'll start our exploration of the Centennial Trail at its southern beginning in Snohomish, heading north to the Pilchuck Trailhead. It starts off flat, then gradually loses about 50' of elevation before flattening out before the Pilchuck Trailhead. This paved section has many trees and is beautiful any time of year. The Pilchuck River is close by with several viewing areas. When we return, we'll stop at one of the great bistros in Old Town Snohomish for a bite.

- 4 miles / 50' elevation gain

86846 Thu Dec 3 9am–1:30pm \$34 / \$40 NM

### Pilchuck Tree Farm, Arlington ♥♥♥ 🥾✂️

We'll set out for a journey on the Victoria Track to Monument Meadow trail. This trail is a popular route that has a good mix of uphill and downhill sections with a "lollipop" route. The rewarding views provide a great perspective of the surrounding area. The quiet, well-maintained trail is known for its beautiful scenery but can be a bit muddy after rain.

- 4.8 miles / 800' elevation gain

86847 Mon Dec 7 9am–3pm \$32 / \$38 NM

### Centennial Trail #2, Getchell ♥ 🥾

Another fun and scenic section of the Centennial Trail begins at the Getchell Trailhead and goes south to Lake Cassidy where there is a small fishing pier, benches and plenty of wildlife views. We'll continue a bit farther along the trail before heading back to the start. The route is along a wide, paved trail and offers a pleasant and peaceful way to escape the holiday madness for a time.

- 3 miles / No elevation gain

86848 Thu Dec 17  
9:30am–1:30pm \$34 / \$40 NM

### McCollum Park, Mill Creek ♥♥ 🥾

This is a great hike for any sort of weather and is beautiful to explore every day of the year! We'll start at the McCollum Park and Ride in South Everett and head south along the North Creek Trail where we'll see plenty of wildlife and the beginnings of the new year's growth. The trail may be slippery with moss and trekking poles are suggested. We'll stop at the Town & Country Market Deli for coffee and treats before we return.

- 4 miles / 150' elevation gain

86849 Thu Jan 21 10am–1:30pm \$30 / \$40 NM

### Sultan River Canyon ♥♥♥♥ 🥾✂️

This trail starts off on a gravel road that turns into a trail down nicely graded switchbacks including beautiful views and plenty of varied scenery. Along the way, we'll encounter ferns, fungus, creek crossings, and small waterfalls. We'll take our time on the switchbacks both ways. Be sure to bring your poles and plenty of water for the return part of the hike. We look forward to exploring this fun hike for the New Year!

- 4.4 miles / 970' elevation gain

86850 Mon Jan 25 9am–2:30pm \$36 / \$42 NM

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

\* 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 \*

\* 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



## October Trips

Sign-up ongoing. Ask about current registration availability.

- Oct 1** A Night of Bright ideas \*
- Oct 7** Thrifting with George
- Oct 11** Dracula: A Comedy of Terrors \*
- Oct 17** Craven Farm's Fall Festiva
- Oct 21** Search for a Murder...of Crows!

### Queen Anne Wine Walk \* ☺☺

Stroll through the vibrant business district in this historic Seattle neighborhood while merchants host pop-up tastings with local boutique Pacific Northwest wineries. Your ticket includes 12 tasting tickets, and 1 wine glass.

86792 Sat Nov 7 3:15-7:30pm \$56 / \$62 NM

Sign up date: October 9

### Holiday Home & Gift Shows ☺

Set against the picturesque backdrop of Echo Falls Country Club in Snohomish, this annual event invites attendees to explore seasonal gifts, home decor, and unique artisanal products. A special lunch menu is available onsite for event attendees on your own. Other shows may be added on the day.

86793 Sat Nov 14 9:30am-2:30pm \$25 / \$31 NM

Sign up date: October 9

### SASS: Acrobatics & Circus Arts Showcase\* ☺☺

The annual School of Acrobatics and New Circus Arts (SANCA) Annual Showcase Spectacular (SASS) includes performances from professionals trying out their newest work to students taking the stage for the first time. The result is an engaging variety-style show featuring a range of disciplines from aerial arts to partner acrobatics, and the high-flying trapeze. Date and times subject to change by sign-up date.

86794 Sat Nov 21 11:45am-4pm \$46 / \$52 NM

Sign up date: October 9



## A Flight Before Christmas – Seattle Public Theater\* ☺

We're heading to Green Lake for a heartwarming modern holiday show by Seattle playwright Maggie Lee. With all the stress of the holidays, spending Christmas Eve stranded in an airport with a bunch of strangers is the last thing anyone needs! But sometimes, being a little late is what it takes to truly appreciate what you're rushing toward.

86795 Sun Nov 22 12:45–5:30pm \$66 / \$72 NM  
Sign-up date: October 9

## Ride the Link: Seattle Christmas Market ☺☺☺

Skip the traffic and ride transit with friends to this annual European-inspired holiday market held mostly outdoors at the Seattle Center, featuring over 60 vendors offering European-style foods, unique artisan crafts, a massive Christmas tree, and festive photo spots. Entry fee included. Transit fare and other purchases on your own.

86796 Wed Dec 2 3:30–7:30pm \$27 / \$33 NM  
Sign-up date: November 13

## December Mystery Trip ☺☺

Will we set sail, wander through a light festival, or take our seats at the ballet? That's the mystery! Join us for a one-of-a-kind winter adventure where the destination is a surprise and the fun begins the moment we set off. Come along and discover where the day takes us! Pertinent info will be shared prior to the trip.

86830 Fri Dec 4 2:30–8pm \$80 / \$86 NM  
Sign-up date: November 13

## Festival of The Nativity ☺

This annual event in Bellevue features over 500 unique global crèches (Nativity scenes) crafted of unique materials, live musical performances, 150 lit Christmas trees, and a dedicated snowflake room. We'll spend enough time to take in all there is to see at this wondrous event.

86831 Wed Dec 9 1–6pm \$27 / \$33 NM  
Sign-up date: November 13

## Little Women – Red Curtain Theater\* ☺

Join us for a trip to the Red Curtain Theater to enjoy an updated and refreshed stage production of the classic Little Women. This timeless story follows the March sisters as they navigate family, friendship, and finding their place in the world. Bursting with humor and emotional intelligence, this Little Women speaks across centuries and generations.

86832 Sun Dec 13 12:30–5pm \$48 / \$54 NM  
Sign-up date: November 13

## Frye Art Museum ☺☺

Our visit to The Frye Art Museum includes a guided tour of this modern and contemporary art museum in the First Hill neighborhood of Seattle. It was founded in 1952 to house the collection of Charles and Emma Frye and has since grown to include rotating temporary exhibitions of emerging and contemporary artists.

86833 Fri Jan 15 10:45am–3:15pm \$27 / \$37 NM  
Sign-up date: December 11

## Port of Tacoma Bus Tour ☺☺

Enjoy a guided bus tour through the Port of Tacoma, one of North America's busiest and most influential container ports. Travel past active container terminals where towering gantry cranes load and unload ships from around the world. Expert guides will share how cargo moves seamlessly from ship to train and truck, highlighting the port's economic impact and rich local history. Date subject to change when winter schedule is released.

86835 Tue Jan 19 8:15am–1:30pm \$35 / \$45 NM  
Sign-up date: December 11

## Candlelight Concert: Tribute to the Beatles\* ☺

Experience an enchanting evening at the Nordic National Museum as candlelight and live music come together for a heartfelt tribute to The Beatles. Enjoy beautifully arranged renditions of the band's most beloved songs performed by a string quartet in an intimate, glowing setting. It's a relaxing, nostalgic night perfect for anyone seeking a memorable experience.

86834 Sat Jan 23 3–8:30pm \$84 / \$94 NM  
Sign-up date: December 11

## Angel of the Winds Casino ☺

Whether you're feeling lucky at the slots, testing out the all-new bowling lanes, or simply ready for a change of scenery, this trip offers something for everyone. You'll have plenty of time to explore the casino floor, try your hand at games, or unwind with a meal at one of the on-site restaurants.

86836 Wed Jan 27 9:30am–3:30pm \$26 / \$36 NM  
Sign-up date: December 11

**City of Lynnwood**

19100 44th Avenue West  
Lynnwood, WA 98036

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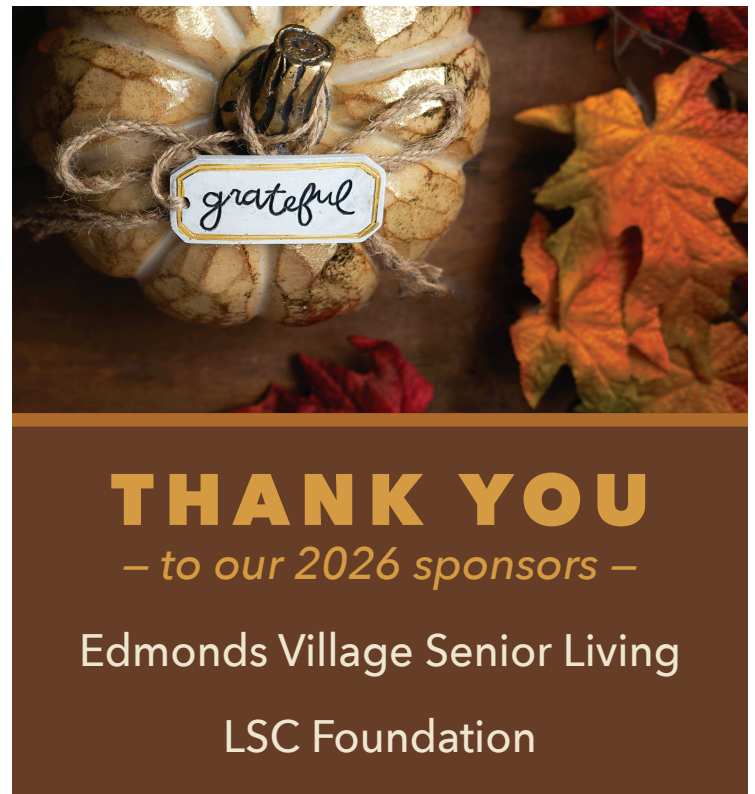
**ANNUAL HOLIDAY  
BAKE & CRAFT SALE**

**NOV 23-25, 9:30AM-1PM**

19000 44TH AVE W, LYNNWOOD, WA 98036  
CALL FOR DONATION INFO: 425-670-5050

*All proceeds benefit Lynnwood Senior Center*

The poster features a light blue background with decorative red and blue floral patterns at the top and bottom. The text is in a mix of bold, sans-serif and script fonts. A red banner highlights the dates and times. The bottom section shows illustrations of various baked goods like cookies, cupcakes, and bread.



**THANK YOU**  
*– to our 2026 sponsors –*

Edmonds Village Senior Living  
LSC Foundation

The poster features a photograph of a small, light-colored pumpkin with a gold tag that says "grateful" in a script font. The pumpkin is surrounded by autumn leaves in shades of orange, red, and yellow. The background of the text area is a solid dark brown.

*The Lynnwood Senior Center will be closed the following holidays:*  
**VETERAN'S DAY** NOV 11 | **THANKSGIVING HOLIDAY** NOV 26-27 | **LSC HOLIDAY CLOSURE** DEC 21 – JAN 1