

APRIL | MAY | JUNE 2024

The Messenger

LYNNWOOD SENIOR CENTER



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Mindfulness Classes p6

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LSC Information

The Lynnwood Senior Center engages older adults in health, wellness, social and recreational opportunities.

19000 44th Ave W | Lynnwood, WA 98036 | (425) 670-5050 | PlayLynnwood.com | Monday-Friday 8:30am-3:00pm
Saturday 9am-1pm



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LSC Foundation

Board Officers

Sydney Hoard: Chair

Terry Strausser: Treasurer

Tim Radke: Secretary

Jennifer Dennis: Board Member

David Quarders: 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

Betsy Martiny, January 2024

Harv Peer, January 2024



Cancellation Policies

Registration for activities without an (*) may be withdrawn for credit up to three business days prior to departure.

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

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

** Overnight trips may be withdrawn for credit up to 30 days prior to departure.

Scholarship Program

We want you to have a chance to experience and participate in classes, activities and trips that interest you. The City of Lynnwood offers a scholarship program at the Senior Center. Please do not let cost keep you from enjoying activities. All applications are confidential. For Lynnwood residents 62+ or persons with disability. Please see Mary-Anne Grafton or call 425-670-5051.

Nondiscrimination Policy

The Lynnwood Senior Center does not discriminate on the basis of race, color, gender, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or presence of any sensory, mental or physical disability.

On request, people with disabilities will be provided with reasonable accommodations.

Inclement Weather Policy

Delays: In the event Edmonds School District announces a delayed start time due to inclement weather, all LSC a.m. programs are canceled. All programs beginning after 12 noon will run as permissible, please call to confirm.

Cancellations: If Edmonds School District cancels for the day, all programs are canceled.

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



Mary-Anne's Message

There's a couple of good things to share with you. First, I would like to recognize **LSC's Service Knitting & Crochet**. The history of this group started in 2007. We'd gotten a large donation of yarn, so I decided to put it to use and started the group, intending to lead it myself. The first day I got pulled for an urgent task, so I approached Hazel Shaw — a known knitter — to take my place. It was more of a plea. She agreed, and then went on to facilitate the group for the next ten years. Hazel was a remarkable woman and when she passed away, another remarkable woman stepped

up. Josephine O'Shaughnessy has been leading the group ever since. Over the last three years, LSC's knitters and crocheters have produced and donated almost 1,500 items for babies, unsheltered people, school children, and cancer patients. LSC's Service Knitters and Crocheters deserve acknowledgment and thanks for their remarkable achievement. Would you like to join in? The group meets on Mondays at 9:30am. Yarn donations are welcome. We can use skeins and larger balls of yarn, but not odds and ends. Thank you to the Service Knitter's group for contributing so much to our community!

The second good thing is briefer. **LSC is opening Saturdays, 9a-1p beginning May 5.** I am very excited about increasing our hours and could really use your help with program ideas. There will be a board in the lobby for you to share what you'd like to see. We'll start with Coffee Chat and build up from there. Let's celebrate adding one more day to our LSC community.

Yours,
Mary-Anne



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:

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

LSC Membership \$35/12 months | **LSC Associate Membership Age 61 & Under** \$35/12 months



What to Know About Fitness Classes

LSC Fitness classes are in-person with some online hybrid options. Masks are no longer required, but optional. Please wear a mask if you prefer.

Enhance Fitness Program

The National Enhance Fitness Program is a series of specially designed and tested exercises developed specifically for older participants. EF is evidence-based and proven to prevent falls. Instructors are trained and certified. Eligible members of Kaiser WA may participate in Enhance classes for free 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.

57433	M, W, F Apr 1-29 11:10am-12:10pm \$52/\$78 NM
57431	M, W, F May 1-31* 11:10am-12:10pm \$52/\$78 NM
57429	M, W, F Jun 3-28 11:10am-12:10pm \$48/\$72 NM

Instructor: Debby Grant & Kay Peterson
Location: Lynnwood Recreation Center, Fitness Studio
*No class May 27

Lite Enhance Fitness ★

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

57434	Tue, Thu Apr 2-30 10-11am \$36/\$54 NM
57430	Tue, Thu May 2-30 10-11am \$36/\$54 NM
57432	Tue, Thu Jun 4-27 10-11am \$32/\$48 NM

Instructor: Valeriano Frank Mateo

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.

57467	Tue, Thu Apr 2-30 9-9:50am \$54/\$72 NM
57468	Tue, Thu May 7-30 9-9:50am \$48/\$64 NM
57469	Tue, Thu Jun 4-27 9-9:50am \$48/\$64 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.



Intermediate Tap Dance

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

57447	Tue, Thu Apr 2-30 1-2pm \$24/\$32 NM
57451	Tue, Thu May 2-30 1-2pm \$30/\$40 NM
57449	Tue, Thu Jun 4-27 1-2pm \$24/\$32 NM

Instructor: Melissa Olson
Location: Lynnwood Recreation Center, Room 102

Line Dance

Line Dance is all about moving and having fun. 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.

57448	Tue, Thu Apr 2-30 11:10am-12pm \$54/\$72 NM
57452	Tue, Thu May 2-30 11:10am-12pm \$54/\$72 NM
57453	Tue, Thu Jun 4-27 11:10am-12pm \$48/\$64 NM

Instructor: Marie-Lou Andresen

Tai Chi Chuan

The soft and hard Yang style will be taught with a focus on learning key form concepts of self-defense. You will learn to increase your confidence and personal fulfillment by developing strength through breathing. Movement will be discussed in physiological terms with the goal of engaging the heart and mind to employ harmony, balance, and spirituality. Suitable for all fitness levels.

57439	Tue, Thu Apr 2-30 11:30am-12:20pm \$54/\$72 NM
57440	Tue, Thu May 2-30 11:30am-12:20pm \$54/\$72 NM
57442	Tue, Thu Jun 4-27 11:30am-12:20pm \$48/\$64 NM

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

Tai Chi for Sound Health

Tai Chi is a traditional Chinese form of martial arts that is practiced primarily for its health benefits. Scientific studies show that practicing tai chi benefits chronic conditions such as arthritis, heart disease, and diabetes, to name a few. The practice 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 explores Qigong and other styles. New and continuing learners are welcome.

57441	Mon, Wed Apr 1-29 11-11:50am \$54/\$72 NM
57438	Mon, Wed May 1-29 11-11:50am \$48/\$64 NM
57437	Mon, Wed Jun 3-26 11-11:50am \$48/\$64 NM

Instructor: Marie-Lou Andresen
Location: Lynnwood Recreation Center, Room 102
*No class May 27

Classes & Activities



Coffee Chat

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

Mon-Fri 9am-1pm Free

Daily registration required onsite.

Chinese Chat Group

請加入我們，

用普通話進行隨意的討論。

Please join us for casual discussion in Mandarin and other dialects.

57405 Wed, Fri Apr 3-26 10-11:30am Free

57316 Wed, Fri May 1-31 10-11:30am Free

57331 Wed, Fri Jun 5-28 10-11:30am Free

Facilitator: Poon (Kyun-Yui) Poon

Chat en Español

¿Hablas español primero? Únase a nosotros para conocer y chatear con otros hablantes nativos de español. Además de una comunidad en crecimiento, discutiremos términos básicos en inglés para una mayor independencia en las actividades cotidianas. Esta clase está destinada a hispanohablantes que desean aprender inglés.

Is Spanish your language? Join us meeting others, to meet and chat with other native Spanish speakers. In addition you'll discuss basic English terms and technology for increased independence in everyday activities. This class is intended for Spanish speakers wanting to learn English.

57406 Mon Apr 8-29 11:30am-12:30pm Free

57408 Mon May 6-20 11:30am-12:30pm Free

57407 Mon Jun 3-24 11:30am-12:30pm Free

Instructor: Teresa Olmos Montano

Queen Bees

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

57415 Wed Apr 3 11:30am-12:30pm Free/\$10 NM

57416 Wed May 1 11:30am-12:30pm Free/\$10 NM

57417 Wed Jun 5 11:30am-12:30pm Free/\$10 NM

Facilitator: Ellie Norsworthy-Tingley

Dine Out with LSC

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 sign up with a friend or family member to enjoy a meal with new acquaintances. All transportation and purchases on your own.

April – Diamond Knot Brewing

57475 Thu Apr 4 1-3pm

May – Caravan Kebab

57476 Thu May 2 1-3pm

June – Scott's Bar & Grill

57478 Thu Jun 6 1-3pm

Facilitator: Barbara Halseth



Coloring Club

Coloring has been shown to improve focus, reduce anxiety, and relieve stress. Whether you're looking to get back into a form of art or just a nice way to relax and spend time with friends, Coloring Club is your new opportunity. Coloring books and pages for adults and coloring pencils, pens, and markers provided.

57389 Tue Apr 2-20 11am-12:30pm Free/\$10 NM

57387 Tue May 7-28 11am-12:30pm Free/\$10 NM

57390 Tue Jun 4-25 11am-12:30pm Free/\$10 NM

Facilitators: Jackie Green & Don Pullman

Drawing and Painting Techniques for All Artists

You'll learn the fundamentals of drawing and painting using a variety of pencils, graphite, and watercolors. A few simple exercises will help you build confidence in your ability to plan and draw a picture. New and returning students welcome.

57392 Thu Apr 4-25 12:30-2:30pm \$24/\$32 NM

57393 Thu May 2-30 12:30-2:30pm \$30/\$40 NM

57391 Thu Jun 6-27 12:30-2:30pm \$24/\$32 NM

Instructor: Donella M Robbins

Let's Get Crafty – Card Class

Assemble three handmade seasonal greeting cards for all occasions. Card supplies are included. Pre-registration required.

57388 Fri May 3 12:30-2pm \$8/\$14 NM

Instructor: Joann Cooney

NEW Mindfulness for Self-Compassion

Join us for a 6-week Mindfulness class to explore the reflective concept of self-compassion. Led by an experienced instructor, this program will help you develop the ability to comfort and motivate yourself during challenging times. Through a variety of activities including talks, exercises, and group discussions, you will learn to cultivate a positive relationship with yourself, practice self-care, and enhance your productivity. Join us on this journey of self-discovery and compassion.

This class is generously supported by the LSC Foundation. No class on May 28.

58234 Tue May 7 - Jun 18 12:30-1:45pm \$80/\$86 NM

Instructor: Cathrine Duffy

Classes & Activities + Games



Flower Arranging

Every week you'll take home a self-designed flower arrangement. You'll also learn how to work with unexpected materials — Lynnwood Trader Joe's provides the flowers, so each week is a surprise. Bring a tool to cut flower stems and a vase to take home your arrangement.

57632 Wed Apr 3-24 9:30-10:30am \$16/\$24 NM

57633 Wed May 1-29 9:30-10:30am \$20/\$30 NM

57634 Wed Jun 5-26 9:30-10:30am \$16/\$24 NM

Instructor: Patty Stensvig

DIY Crafts: Chocolate 101*

Discover how to make filled candies when we take our DIY class on the road to a local candy shop. This class includes a short demonstration with instructors on hand to answer questions while you experiment and create your own chocolate treasures. Take home a free candy mold and a box for your treats. This is not a tempering class, but it is a ton of fun! Pre-registration required. Transportation to and from class provided by LSC.

57404 Thu May 23 12:45-3pm \$40/\$50 NM

Instructor: Shelley Coster

Quilting Group

Share your work and learn from others. Projects range from traditional hand-quilting to wonderful artistic interpretations. Bring your project and your ideas. All levels of experience welcome.

57471 Fri Apr 5-26 10-11:30am Free/\$10 NM

57470 Fri May 3-31 10-11:30am Free/\$10 NM

57472 Fri Jun 7-28 10-11:30am Free/\$10 NM

Facilitator: Myrtle Guild

Service Knitting & Crochet

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. Yarn donations accepted.

57461 Mon Apr 1-29 9:30-11am Free

57462 Mon May 6-20 9:30-11am Free

57460 Mon Jun 3-24 9:30-11am Free

Facilitator: Josephine O'Shaughnessy

Tech Support

If you have questions or need to find out more about your computer, tablet or smart phone, call or visit LSC to schedule your thirty-minute appointment to meet with our tech support volunteers. Please prepare your questions and bring your device to your appointment.

Wednesdays 11am-12pm Free

Thursdays 12:30-2:30pm Free

Instructors: Ben Benson & Cathy Webb

NEW Workshop: Crockpot for All Seasons

Whether you're a beginner or looking to enhance your slow-cooking skills, this workshop will cover everything you need to know to create delicious meals with ease. Learn how to safely use your crockpot, select the right ingredients for different seasons, and master the art of easy cleanup. Don't miss this opportunity to enrich your cooking routine. All you need is something to take notes and ideas to share.

57826 Fri Jun 7 1-2:30am Free

Instructor: Larry Burks

Ongoing Games



Bingo

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

Facilitator: Claudette Martinez

Canasta

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

Facilitator: Carole Smith

Cribbage

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

Facilitator: Barbara Buckler

Mexican Train (Dominoes)

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

Facilitator: Dora Cantu

Party Bridge

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

Facilitator: Mark Yuhas

MahJong: Chinese Version

Fri (except event days) 9-11am Free/\$10 NM

Facilitator: Sandy Parker

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

* Indicates a non-refundable trip

Services



Blood Pressure Checks

Look for our Blood Pressure volunteers weekly in the lobby of LSC for a drop-in blood pressure check!

Tuesdays 12-1pm Free

Wednesdays 11am-12pm Free

Providers: Remy Obillo & Chin Zimonyi

Foot Care Appointments

This service includes a foot soak, nail trim, and a foot massage from a licensed esthetician. Call LSC to schedule your thirty-minute appointment.

Mondays 9am-1pm \$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.

57551 Thu Apr 18 12-3pm Free

57549 Thu May 16 12-3pm Free

57550 Thu Jun 20 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.

April Section:

Flight of the Sparrow

by Amy Belding Brown

57424 Tue Apr 23 1:30-2:30pm Free/\$10 NM

May Selection:

The Map of Salt and Stars by Jennifer Zeynab Joukhadar

57425 Tue May 28 1:30-2:30pm Free/\$10 NM

June Selection:

History of the World in 6 Glasses

by Tom Standag

57411 Tue Jun 25 1:30-2:30pm Free/\$10 NM

Facilitator: Doug Madison

Chatterboxes

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

57456 Fri Apr 5-26 12:30-2:30pm Free/\$10 NM

57454 Fri May 3-31 12:30-2:30pm Free/\$10 NM

57455 Fri Jun 7-28 12:30-2:30pm Free/\$10 NM

Facilitator: Ginger Kemp



Movie Watch Party

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

April: Rotten Tomatoes Top 100

All About Eve (1950); *12 Angry Men* (1957); *An American in Paris* (1951)

57414 Wed Apr 3-24 12:30-2:45pm Free/\$10 NM

May: Tall Tales

Big Fish (2003); *The Princess Bride* (1987); *Forrest Gump* (1994)

57413 Wed May 1-22 12:30-2:45pm Free/\$10 NM

June: Outlaws

True Grit (2010); *City Slickers* (1992); *O Brother, Where Art Thou* (2000)

57412 Wed Jun 5-26 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.

57517 Tue Apr 2-30 12:30-2pm Free/\$10 NM

57516 Tue May 7-28 12:30-2pm Free/\$10 NM

57518 Tue Jun 4-25 12:30-2pm Free/\$10 NM

Facilitator: Rick Mottau

Presentations



Making Your Yard a Bird Haven

The Audubon Society will help explore the wonders of creating a bird-friendly haven in your own backyard. Learn essential tips on landscaping, bird-friendly plants, and responsible practices to attract and support diverse bird species. Discover the joy of coexisting with nature right outside your door.

57067 Tue Apr 9 1-2pm Free

Lynnwood GreenScene: Local Environmental Insights

Join Lynnwood environmental stewards in anticipation of Earth Day for an insightful presentation on local environmental conservation. Delve into topics such as sustainable living, biodiversity preservation, and actionable steps to reduce your ecological footprint. Together, let's empower ourselves with knowledge and inspire positive change for the town and planet we call home.

57606 Tue Apr 16 1-2pm Free

Nature's Blueprint: The Hidden Symmetry of Mother Nature

Elliott Jacksch will delve into the intricate relationship between nature and geometry, unravelling the hidden symmetries and patterns that shape the world around us. From the mesmerizing Fibonacci sequence in sunflowers to the impeccable hexagonal structures of honeycombs, come learn the math of the natural world and how beautiful that math can be.

57609 Tue May 7 1-2pm Free

Events

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

Aaron Byrne – Downsizing Presentation

Discover the keys to a clutter-free and stress-free life with our educational class on hoarding and downsizing for seniors. Join us as we explore practical strategies to let go of possessions while preserving cherished memories. Learn about the psychological aspects of hoarding and gain insights into fostering a healthy living environment. Our expert instructor will guide you through the process, providing valuable tips on organization, decision-making, and creating a space that promotes well-being. Empower yourself or a loved one with the knowledge to navigate this transitional phase with confidence. Enroll today and embark on a journey towards a more streamlined and fulfilling lifestyle.

57610 Tue May 21 1-2pm Free

Summer Foraging

The pure abundance of plants in the Pacific NW is astounding. Though best known for its amazing diversity and plethora of native trees, Washington is also home to 100s of species of both edible and medicinal plants. In this class resident herbalist Shayla Gearin will explore some common native plants available for forage in the summer and some common preparations for them.

57612 Tue Jun 25 1-2pm Free



Presentation: Cape Cod & The Islands

Learn more about this first of its kind at LSC, 7-day trip to the east coast in September when Liz Bell of Premiere World Discovery joins us to share more details and answer your questions.

57684 Tue Apr 9 1-2pm Free

See p.15 for more detailed info on Cape Cod trip presentation.



Thirdsday Social

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

57613 Thu Apr 18 12-1pm Free

57614 Thu May 16 12-1pm Free

57615 Thu Jun 20 12-1pm 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.

57608 Wed May 1 1:45-2:30pm Free

Birthday Celebration Luncheon

Come join us for birthday lunch and some musical entertainment. If your birthday is in April, May, or June and you're a Lynnwood Senior Center member, you may register for free.

Sponsored by Fairwinds Brighton Court.



57611 Fri May 24 12-2:30pm \$5/\$10 NM

Champagne & Crepes

Save the Date!

May 18, 2024 is the LSC Foundation Champagne & Crepes Fundraiser.

— Preregistration required —

 **HIKING BOOTS ONLY**
 **ATHLETIC SHOES OKAY**

Proper equipment and attire are required to participate. Please make sure to ask any questions before trip day as your gear will be checked before boarding the bus.

Hike Difficulty Key

- ♥ **Easy;**
flat trail paved or unpaved
- ♥♥ **Moderately easy;**
slight elevation gain with some hills
- ♥♥♥ **Moderate;** some difficult terrain & elevation gain; you must be steady on your feet
- ♥♥♥♥ **Moderately difficult;** steeper elevation gain with switch backs or steps; rocks, roots & challenging footing
- ♥♥♥♥♥ **Difficult;** challenging distance, elevation gain and terrain
*Hiking poles strongly suggested

Hiking Essentials

- ✓ hat
- ✓ hiking poles
- ✓ extra socks
- ✓ layered clothes
- ✓ sunscreen & sunglasses
- ✓ plenty of water and sack lunch
- ✓ a pad to sit on
- ✓ tissue
- ✓ plastic bag for wet items and garbage
- ✓ cell phone and whistle
- ✓ personal medication
- ✓ blister preventive and care kit
- ✓ waterproof hiking boots encouraged

Walking Group



Join our weekly community walk through Lynnwood! Explore diverse routes each week on a refreshing one-hour stroll. Discover new sights, enjoy lively conversations, and embrace the joy of walking with neighbors and friends in our vibrant community. Group meets at 10:50am in the LSC lobby and walks for 45min-1hr. Dogs and well-behaved people encouraged to join. Come early or stay late for coffee and snacks in the LSC dining room.

Thursdays 11am-12pm Free

Hikes



Barclay Lake, Hwy 2

♥♥♥ 

Barclay Lake Trail offers a scenic hike through lush forests and alongside a tranquil lake. The trail is moderately graded throughout with well-maintained paths that showcase the beauty of the PNW wilderness.

- 4.3 miles round-trip
- 426 feet elevation

57619 Wed May 8 9am-3:45pm \$28/\$34 NM

Foster Island Trail, UW Botanical Gardens

♥ 

Foster Island Trail presents a serene urban landscape in UW's arboretum. This easy, picturesque hike winds through wetlands and wooded areas, offering a peaceful and approachable nature retreat within the city.

- 3 miles round-trip
- Mostly level

57620 Wed May 22 9am-2:15pm \$14/\$20 NM

Hurricane Ridge, Olympic Peninsula

♥♥ - ♥♥♥♥♥ 

Hurricane Ridge in Olympic National Park treats adventurers to breathtaking alpine vistas. With diverse terrain and the chance to spot wildlife, it's a must-visit for nature enthusiasts seeking panoramic views of the Olympic Mountains.

57621 Wed Jun 5 8am-7pm \$40/\$46 NM

Kukutai Preserve, Swinomish & La Conner

♥♥ - ♥♥♥♥

Discover an island located on the Swinomish Indian Tribal Land. First there will be a drive through the Skagit daffodil fields and a stop to search for shorebirds. Then we'll swing into La Connor for an early lunch on your own. After lunch, enjoy a short but sweet hike along forested trails to a secluded beach at the end of the island. Start out on an easy route and if you are so inclined, you can do a little elevation gain on the way back.

- 2 miles round-trip
- 200 feet elevation

57622 Mon Jun 10 9am-3:30pm \$28/\$34 NM

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

All trips are fragrance-free.

Hikes



Nisqually National Wildlife Refuge, DuPont



Going back to one of our favorite hikes! At the mouth of the Nisqually River is a diverse and rich estuary teeming with birds of all kinds, so make sure you bring your binoculars. Before the hike, enjoy their visitor center which includes interpretive exhibits of the refuge and a gift shop. You will walk along the Nisqually Estuary Boardwalk that goes over the tidal flats of the Nisqually. Then we'll continue on to a pair of old barns where you might find birds of prey hanging out. Please bring your Golden Age Pass if you have one.

- 3 miles round-trip
- Minimal elevation gain

57616 Mon Apr 15 9am-3:45pm \$28/\$34 NM

Whistle Lake, Anacortes



You can't help but whistle as you wander around this scenic lake tucked below Mt Erie. The trail starts down a wooded lane until you come to the lake where you'll find madrone trees alongside the conifers. The path leaves the lake just after a foot bridge, then climbs up to a service road before it loops back down to the lake. There you'll find a nice spot to have lunch while overlooking a small island in the lake.

- 4 miles round-trip
- 580 feet elevation

57617 Wed Apr 24 9am-4:15pm \$28/\$34 NM

Little Si, North Bend



The little sibling to Washington's most traversed hiking trail, Little SI has moderate incline topped off with breathtaking views of Snoqualmie Valley and Rattlesnake Mountain

- 4.4 miles round-trip
- 1187 feet elevation

57618 Mon Apr 29 9am-4:30pm \$37/\$43 NM

Storyhouse Loop at the Whidbey Institute



The Story House Loop hike offers a scenic adventure through lush forests and serene landscapes. As you wander through the towering trees and peaceful surroundings, you'll encounter the captivating Story House ruins, adding a historical touch to your outdoor experience. On the property of the Whidbey institute where there's much to explore and even more to learn.

- 2.8 miles round-trip
- 430 feet elevation

57877 Mon May 13 9am-3:30pm \$30/\$36 NM

Summer Foraging Walk



We'll take a short trip to a local area to look at some of the plants available for summer foraging. Hike will be short, but potentially go off the beaten path, so dress comfortably and prepare to get up close to some plants.

57623 Wed Jun 26 10am-1pm Free/\$6 NM



April Trips

Sign-up ongoing. Ask about current registration availability.

- Apr 3 NW Troll Hunting
- Apr 17 Skagit Valley Tulip Festival
- Apr 21 English at ArtsWest
- Apr 30 Meerkerk Gardens – Whidbey Island
- May 29 Ride the Link – Eastside Preview

A Festival for May – Camlann Medieval Village, Carnation



Step back in time as we join the costumed "Villagers" for the annual festival of merriment, feasting, and the beauty of Spring in the Carnation countryside. The relaxed festival includes 14th century archery and craft demonstrations, the choosing of a May Queen, and a traditional maypole ceremony. You can feast on your own at the Bors Hede Inne with menu items prepared from traditional recipes. Fenberry Pye, anyone?

57513 Sat May 4 11am-4pm \$25/\$31 NM

Sign-up date: Apr 8

Camano Island Studio Tour



Spend the day on scenic Camano Island as we visit artist studios of various mediums during this 25th annual event. You can meet up to 25 artists in their working environments and gallery settings. Along with the beautiful views and connection with artists, we'll enjoy a local meal stop along the way.

57514 Fri May 10 9am-4pm \$25/\$31 NM

Sign-up date: Apr 8



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.



**Ride the Link
East Link Preview**

☺☺☺

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

54969 Wed May 29 10am-3pm \$15/\$21 NM
Sign-up date: Apr 8

A Day at Emerald Downs*

☺☺

Let's spend a Spring day at the horse races in Auburn. Our admission package includes seating, a box lunch, a program and tip sheet. Lunch order will be taken with registration.

57581 Sat Jun 1 12-4pm \$63/\$69 NM
Sign-up date: May 10

Snoqualmie Casino & Falls

☺☺

On our way to the casino for some fun and gaming, we'll swing by another popular attraction in area, Snoqualmie Falls, for a little site seeing. Food and gaming purchases on your own.

57556 Tue Jun 4 9am-4pm \$22/\$28 NM
Sign-up date: May 10

**Wing Luke Museum
& Hotel Tour**

☺☺

Experience the visual enrichment of Asian American, Native Hawaiian, and Pacific Islander history, culture, and art over the past 110 years, located in the heart of the International District in Seattle. Established in 1967, the museum is a Smithsonian Institution affiliate and the only pan-Asian Pacific American community-based museum in the United States.

57582 Wed Jun 12 10am-4pm \$27/\$32 NM
Sign-up date: May 10

All trips are fragrance-free.

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

Meeker Mansion Tour

☺☺

Join our docent led tour of this Italianate style Victorian home. Built in Puyallup in 1890 by Ezra and Eliza Jane Meeker, it features original fireplace tiles and mantles, ornate ceiling paintings and friezes, and beautiful stained-glass windows. Keep an eye out for the functioning speaking tubes. We'll stop for lunch before returning home.

57548 Wed Jun 26 9am-2pm \$27/\$32 NM
Sign-up date: May 10

**Pippin at Bellingham
Theatre Guild***

☺

The musical story of one man's journey to be extraordinary. Winner of four 2013 Tony Awards including Best Musical Revival, this updated circus-inspired version of *Pippin* relates the tale of young prince Pippin, and his search for happiness and fulfillment. A new theatre for LSC, the BTG is a non-profit theatre housed in a fully renovated historic church in downtown Bellingham.

57563 Sun Jun 30 11:30am-6:30pm \$37/\$43 NM
Sign-up date: May 10

**Washington State
History Museum**

☺-☺☺

Located in Tacoma, the Washington State Historical Museum has permanent and special exhibits preserving and vividly presenting Washington's rich and storied history. Bring a sack lunch for a visit to Wright Park.

57580 Tue Jul 2 9:15am-3:15pm \$26/\$32 NM
Sign-up date: Jun 14

DANCE This at Moore Theatre*

☺-☺☺

Seattle Theatre Group's signature dance program, celebrating its 25th year, brings together youth & adult performers from diverse communities to share their culture through the art of dance. No lunch stop is planned for this event.

57584 Fri Jul 12 11:30am-4:30pm \$24/\$30 NM
Sign-up date: Jun 14

* Indicates a non-refundable trip

**Mukilteo Quilt
and Garden Tour***

☺☺

We'll embark on a self-guided tour of the beautiful residential summer gardens in Mukilteo. Embellished with a total of 100 quilts artfully displayed among the foliage, these are wondrous displays. Our tour includes a trip to the Mukilteo Lighthouse and gift shop, opening especially for this biennial event.

57564 Sat Jul 20 9:45am-2pm \$24/\$30 NM
Sign-up date: Apr 8

**Remlinger Farms
Raspberries & Market**

☺☺

Seek out the delicious sweetness of hand-picked raspberries fresh from the U-pick fields at Remlinger Farms in Carnation. While you're there, we'll have time to explore all the farm has to offer, including an onsite restaurant and market full of crafts, wines, vegetables, cheese and of course, fruit pies.

57565 Wed Jul 24 10am-3pm \$22/\$28 NM
Sign-up date: Apr 8

Lavender Trail Tour

☺☺

Experience the beauty of the Sequim-Dungeness Valley when we embark on a self-guided tour. The rural landscape is dotted with iconic lavender farms along the Sequim Lavender Trail. Each farm reflects the unique vision and personality of its owners and the surrounding landscape. We'll seek out a good lunch spot during our trip to the Peninsula for the day.

57552 Tue Jul 30 9am-6pm \$35/\$41 NM
Sign-up date: Apr 8

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

Overnight Trip



**Sol Duc Hot Springs
Overnight****

☺☺-☺☺☺

Spending the night in a rustic, charming Sol Duc Hot Springs Resort cabin is the ideal way to experience the Olympic peninsula. Surrounded by towering evergreens along the Sol Duc River, our one-night stay includes convenient access to three mineral hot Spring soaking pools and one freshwater pool just a few steps away from the cabins at the main lodge. Enjoy meals and snacks on your own at the onsite café and Springs Restaurant. Trip pricing includes transportation, lodging, and Hot Springs. No internet access on the property.

57515 Tue-Wed May 14-15 8am-5pm \$264/\$284 NM

Sign-up date: Apr 8
Ask about single room supplement

Overnight Trip



**Cape Cod &
The Islands**

Embark on a journey through time and beauty on LSC's trip to Cape Cod with Premiere World Discovery! The adventure begins with one night in historic Boston, where you'll explore the city's rich history, including the Old State House and the Old North Church. Visit Plymouth to experience the living history museum of Plimoth Plantation and see the Mayflower II and Plymouth Rock.

Continue your journey to Cape Cod, where you'll settle in for a five-night stay in Hyannis. Explore the picturesque Martha's Vineyard, and discover the Cape Cod National Seashore, cranberry bogs, and the vibrant artist community of Provincetown. Indulge in a taste of Newport, Rhode Island, with its extravagant estates and stunning coastal drive. Conclude your trip with a ferry ride to the charming Nantucket Island, known for its cobblestoned streets and sea captains' houses.

Throughout your journey, savor 9 included meals and enjoy the company of fellow travelers. Immerse yourself in the beauty and history of Cape Cod with this unforgettable experience! Information packet available at LSC front desk.

57246 Sat-Fri Sep 21-27
See front desk for details.

Want to find out more?
Attend the April 9 presentation.
See p.9.

City of Lynnwood
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Champagne & Crepes



SAVE THE DATE
May 18, 2024

Preregistration required.

*The Lynnwood Senior Center will be closed the following holidays:
Memorial Day May 27 | Juneteenth Jun 19*