### Sign-up dates at a glance

<table>
<thead>
<tr>
<th>Date</th>
<th>Events</th>
</tr>
</thead>
</table>
| April 8  | - Tea Luncheon & Fashion Show  
- Whitney Gardens & a Ferry Ride  
- Maifest – May Festival in Leavenworth  
- Bingo at Rhodes River Ranch  
- Northwest Folklife Festival  
- Vancouver, BC – overnight tour |
| April 17 | - May Outdoor Recreation  
- Tacoma Art Museum – Eloquent Objects  
- Jeeves Intervenes at Taproot Theatre  
- Gardeners on the Go!  
- Prison Pet Partnership – Program Tour  
- 12th Man Tour |
| May 13   | - Tacoma Art Museum – Eloquent Objects  
- Jeeves Intervenes at Taproot Theatre  
- Gardeners on the Go!  
- Prison Pet Partnership – Program Tour  
- 12th Man Tour  
- Northwest Folklife Festival  
- Vancouver, BC – overnight tour |
| May 15   | - June Outdoor Recreation  
- Concert by the Bay in Port Orchard  
- Concert in the Park in Olympia  
- The Taming of the Shrew/ The Tamer Tamed  
- The Schooner Zodiac Day Cruise  
- Angel of the Winds Casino |
| June 10  | - Concert by the Bay in Port Orchard  
- Concert in the Park in Olympia  
- The Taming of the Shrew/ The Tamer Tamed  
- The Schooner Zodiac Day Cruise  
- Angel of the Winds Casino |
| June 19  | - July Outdoor Recreation  
- Concert by the Bay in Port Orchard  
- Concert in the Park in Olympia  
- The Taming of the Shrew/ The Tamer Tamed  
- The Schooner Zodiac Day Cruise  
- Angel of the Winds Casino |

### April – June Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Events</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 24</td>
<td>- Community Volunteer Event and Lunch</td>
</tr>
<tr>
<td>May 7</td>
<td>- Mayor’s Coffee Hour</td>
</tr>
<tr>
<td>May 15</td>
<td>- Remembering WWII</td>
</tr>
<tr>
<td>May 27</td>
<td>- Birthday Luncheon</td>
</tr>
<tr>
<td>June 26</td>
<td>- Lunch and Learn</td>
</tr>
</tbody>
</table>

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**Hit the Road!**

Get outside for a hot air balloon ride, paddle along San Juan Island, or raise the sails on a schooner. Enjoy Shakespeare in the park, take a 12th Man Tour, or celebrate Maifest in Leavenworth.

**Surprise yourself!** Look inside for hiking trips, kayak trips and trips to local festivals.

With spring here and summer just around the corner, make sure you try something new!
**Information**

**City of Lynnwood Staff**

Director of Parks, Recreation & Cultural Arts  
**Lynn Sordel**  
lisordel@ci.lynnwood.wa.us

Recreation Superintendent  
**Joel Faber**  
jfaber@ci.lynnwood.wa.us

Senior Center Supervisor  
**Mary-Anne Grafton**  
mgrafton@ci.lynnwood.wa.us

Program Coordinator  
**Debby Grant**  
dgrant@ci.lynnwood.wa.us

Recreation Coordinator  
**Janet Sigler**  
jsigler@ci.lynnwood.wa.us

Recreation Clerk  
**Shelley Coster**  
scoster@ci.lynnwood.wa.us

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**Appreciation Fund**

The Appreciation Fund — Lynnwood Senior Center is an independent non-profit agency that partners with the City of Lynnwood to support Senior Center programs. Monthly meetings are open to the public and Senior Center members are invited to attend. Join us on First Fridays at 1:00pm in the Recreation Center Conference Room.

**2015 Members**

- Alice Wikene
- Barbara Moorehead
- Donna McKinney
- Eldon Johnson
- Grace King
- Jayne Ott
- Mel Marklein
- Tony Pittenger

**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+. Please see Mary-Anne Grafton or call 425-670-5051.

**Non-Discrimination 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 handicap. 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 Senior Center morning programs will be cancelled. All programs beginning after 12 noon will run as usual, however, we do recommend that you call to confirm. Cancellations: If Edmonds School District cancels for the day, all programs starting before 3pm will be cancelled. Call after 2pm for status of programs starting 3pm or later. Staff will make every attempt to open the Center unless the Mayor of Lynnwood closes City facilities. To be sure we are open, call us first.

**Cancellation Policies**

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

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

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

**Lottery Registration Information**

You may sign up for yourself and one additional person.

Registration for trips, hikes, and outdoor recreation is by lottery at the Lynnwood Senior Center on designated sign-up dates. Numbers may be picked up at the front desk between 8:30am and 9:00am, with registration starting at 9:00am. 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 9:00am will be taken in list order. Telephone registration with credit card begins at 10:00am.

Payment is made at time of registration.

Registrations are non-transferable.

*Activity and trip itinerary and times may change due to weather, traffic and other unforeseen events.*

**NM = Non-Member Fee**

---

**In Memoriam**

**Gladys Kearse**  
Jan 2015

**Sylvia Smith**  
Feb 2015

---

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Services & Discussion Groups

Chatterboxes
Join the girls! This social club is talking about whatever, doing whatever and enjoying the companionship of a great group of ladies. Keep your hands busy with your own project or just enjoy the conversation.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>55915</td>
<td>Fri</td>
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<td>55916</td>
<td>Fri</td>
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<td>55917</td>
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</table>

Facilitator: Ginger Kemp

Bible Study
Join this small group offering biblical study with participation and discussion. The goal is to have an environment open to discussion and Biblical learning, with particular focus on understanding and life application.

<table>
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<tbody>
<tr>
<td>55918</td>
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<td>55919</td>
<td>Mon</td>
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<td>55920</td>
<td>Mon</td>
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</tbody>
</table>

Facilitator: Ginger Kemp

Current Issues & “the Rest of the Story”
Join this forum to share questions, insight, guesses, and concerns about today’s events. You are encouraged to bring articles, editorials, and subjects for discussion.

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<th>Date</th>
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<tbody>
<tr>
<td>55921</td>
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<td>55922</td>
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<td>55923</td>
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</table>

Facilitator: Cathy Roper

Acupuncture
Acupuncture is one of the oldest medical practices known for healing and pain relief. Register early to get your appointment.

Regular Appointments

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>5115</td>
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<td>5116</td>
<td>Mon</td>
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<tr>
<td>5117</td>
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</table>

Provider: Cole Alexander

Blood Pressure Screening
Lynnwood Fire Department Fire Corps volunteers are coming to the Senior Center to check Blood Pressure. Look for them in the lobby. Drop-in; no appointment necessary.

<table>
<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
<td>56101</td>
<td>Tue</td>
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<td>56117</td>
<td>Fri</td>
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<tr>
<td>56123</td>
<td>Fri</td>
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</table>

Provider: Lynnwood Fire Department

Dental Hygiene for Seniors
Services by appointment include assessment, tooth and gum evaluation, oral cancer screening, cleaning, and fluoride treatment. Provider is a licensed hygienist. Additional fees may apply upon initial evaluation.

<table>
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<th>Date</th>
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<tr>
<td>56119</td>
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<td>56122</td>
<td>Fri</td>
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<td>56124</td>
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</table>

Provider: Deb Fredrikson

Foot Care
Thirty minute appointments include a foot soak, nail trim and a foot massage.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>56127</td>
<td>Fri</td>
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<tr>
<td>56128</td>
<td>Fri</td>
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<tr>
<td>56121</td>
<td>Fri</td>
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</table>

Provider: Lori Gaubriel

Q & A with SHIBA
Statewide Health Insurance Benefits Advisors can help you with your questions about medical and prescription coverage and access, as well as provide information about long term care.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>56141</td>
<td>Thu</td>
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<tr>
<td>56142</td>
<td>Thu</td>
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<tr>
<td>56143</td>
<td>Thu</td>
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</table>

Provider: Laura Ballard

Seated Chair Massage
Our licensed massage therapist has been practicing for 15 years and knows how to work the kinks out of tired and tight muscles. Call the Senior Center and schedule a 15-minute appointment.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>56171</td>
<td>Wed</td>
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<tr>
<td>56181</td>
<td>Wed</td>
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<tr>
<td>56191</td>
<td>Wed</td>
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</tbody>
</table>

Provider: Sandra Nyitrai

Visit our web site at www.ci.lynnwood.wa.us/seniors
Wellness Corner

Pilates for Core Strength and Flexibility
Stabilize your balance and strengthen your body’s core to better prevent falls. Our experience instructor works with each individual at their level, which can be seated or on the floor. You’ll realize added benefits of improved coordination and circulation safely and without stressing joints. Get started now and see how your body changes.

Bring a towel and a Pilates/yoga mat.

Enhance Fitness Program
The National Enhance Fitness Program is a series of specially designed and tested exercises developed specifically for older participants. Instructors are trained and certified.

Pilates for Core Strength and Flexibility
Stabilize your balance and strengthen your body’s core to better prevent falls. Our experience instructor works with each individual at their level, which can be seated or on the floor. You’ll realize added benefits of improved coordination and circulation safely and without stressing joints. Get started now and see how your body changes.

Bring a towel and a Pilates/yoga mat.

Pilates for Core Strength and Flexibility Level 1
Bring a towel and a Pilates mat.

Instructor: Angela Dismuke

Daily Fitness Pass: $7
10 visit Fitness Pass: $37 / $41 Non-Resident Location: Recreation Center, Fitness Studio

Advanced Enhance Fitness
Join this fun and energetic group for a challenging cardio exercise using a variety of fitness equipment. Balance work is included in this movin’ class!

Instructor: Angela Dismuke

Functional Fitness Check
Take three simple physical tests that measure mobility and strength and help you assess your risk of falling.

Instructor: Debby Grant

SAIL
Exercises are designed for both seated and standing positions. This class is suitable for all fitness levels.

Instructor: Debby Grant

Call (425) 670-5050 to register or for more information
Visit our web site at www.ci.lynnwood.wa.us/seniors

Wellness Corner

62+ Yoga
Yoga increases balance, flexibility, and prevents falls. You will use a chair for balance and learn how to move and hold stretches to make you stronger and suppler. You will improve your posture, balance, and alignment through guided sessions. This class is suitable for all fitness levels.

56062 Tue, Thu Apr 2 - 30 8:35am - 9:25am
56063 Tue, Thu May 5 - 28 8:35am - 9:25am
56073 Tue, Thu Jun 2 - 30 8:35am - 9:25am

Instructor: Sherry Herdrick
$40 / $45 NM
$8 drop-in rate

Laughter Yoga
Invite balance, health, and joy into your life with a chair-based gentle yoga practice that emphasizes mindful awareness of body sensations. What’s unique about this yoga style is that it is combined with fun activities. It is a powerful, life-changing experience because laughter is the best medicine in the world.

56064 Tue Apr 7 - 28 12pm - 1pm
56065 Tue May 5 - 26 12pm - 1pm
56066 Tue Jun 2 - 30 12pm - 1pm

Instructor: Lida Kim
Four week sessions: $20 / $25 NM
Five week sessions: $25 / $30 NM

Zumba Gold
You’ve heard people rave about Zumba—a Latin Movement-based dance class that includes Salsa, Merengue, Cha Cha, Tango and more. Zumba Gold is especially adapted for adults 62+, for adults who are beginning to increase activity to improve wellness, and for people with physical limitations. You can learn the moves on your feet or in a chair. Don’t miss out on this fun way to fitness!

56545 Mon Apr 6 - 27 10am - 10:50am
56546 Mon May 4 - 18 10am - 10:50am
56547 Mon Jun 1 - 29 10am - 10:50am

Instructor: Ce Boehme
Four week sessions: $20 / $25 NM
Five week sessions: $25 / $30 NM
$8 drop-in rate
Location: Recreation Center, Room 102

NEW

Line Dance
Don’t sit out the next dance! Keep your mind and body healthy and have fun doing it. Join us to learn popular line dances such as the Cupid Shuffle, Electric Slide, Boot Scootin’ Boogie and Achy Breaky Heart. We’ll start with the basic patterns, and link them together into line dances. This class is for people of all experience and ability levels.

56014 Wed Apr 1 - 29 10am - 11am
56015 Wed May 6 - 27 10am - 11am
56016 Wed Jun 3 - 24 10am - 11am

56652 Fri Apr 3 - 24 10am - 11am
56653 Fri May 1 - 29 10am - 11am
56654 Fri Jun 5 - 26 10am - 11am

Instructor: Christa Quackenbush
Four week sessions: $20 / $25 NM
Five week sessions: $25 / $30 NM

Intermediate Tap Dance
This is one fun class! Learn dance routines for scheduled performances at local venues. Class instruction is on Tuesdays; Thursdays are practice and rehearsal. Now incorporating song into the dance. Singing practice is optional following Thursday rehearsal until 2:00pm.

56009 Tue, Thu Apr 2 - 30 12:30pm - 1:30pm
56010 Tue, Thu May 5 - 28 12:30pm - 1:30pm
56008 Tue, Thu Jun 2 - 30 12:30pm - 1:30pm

Instructor: Melissa Olson
Four week sessions: $30 / $35 NM
Five week sessions: $37 / $42 NM
Location: Recreation Center, Room 102

NEW

Ta Chi: Moving for Better Balance
Looking for a class that will bring a spring into your step and steadiness to your balance, and have fun doing it? Regaining that confidence in your everyday movement is the first step in preventing falls. Staying upright is absolutely key to going where you want, when you want, and living independently on your own. This class is based on eight simple forms from the traditional yan style of tai chi; researched and developed by Dr. Fuzhong Li in conjunction with the CDC at the Oregon Research Institute in Eugene. No class Jan 20.

55941 Thu Apr 2 - 30 9am - 10:30am
55942 Thu May 7 - 28 9am - 10:30am
55943 Thu Jun 4 - 25 9am - 10:30am

Instructor: Barbara Gleisner
Four week sessions: $30 / $35 NM
Five week sessions: $37 / $42 NM
Location: Recreation Center, Room 102

Group Health members may qualify for FREE Enhance Fitness classes. Stop by the Senior Center or call for details.
Classes & Activities

Genealogy Workshop
If you are interested in tracing your family, but aren't sure what's involved, here's how to get started. Learn and refine search techniques with public records and the internet. Start uncovering your heritage and forgotten family history today!

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee / NM</th>
</tr>
</thead>
<tbody>
<tr>
<td>55947</td>
<td>Wed Apr 8</td>
<td>10:30am - 12pm</td>
<td>Recreation Center Conference Room</td>
<td>Margaret Summitt</td>
<td>Free / $5 NM</td>
</tr>
<tr>
<td>55948</td>
<td>Wed May 13</td>
<td>10:30am - 12pm</td>
<td></td>
<td></td>
<td>Free / $5 NM</td>
</tr>
<tr>
<td>55949</td>
<td>Wed Jun 10</td>
<td>10:30am - 12pm</td>
<td></td>
<td>Margaret Summitt</td>
<td>Free / $5 NM</td>
</tr>
</tbody>
</table>

Knitting to Make a Difference
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. Our instructor is an experienced teacher and crafter. Experience is not necessary. All levels are welcome. Needles and yarn provided.

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>55950</td>
<td>Mon Apr 6 - 27</td>
<td>9:30am - 11am</td>
<td></td>
<td>Hazel Shaw</td>
</tr>
<tr>
<td>55951</td>
<td>Mon May 4 - 18</td>
<td>9:30am - 11am</td>
<td></td>
<td>Hazel Shaw</td>
</tr>
<tr>
<td>55952</td>
<td>Mon Jun 1 - 29</td>
<td>9:30am - 11am</td>
<td></td>
<td>Hazel Shaw</td>
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</table>

Quilting
Try your hand at quilting! Share your work and learn from others. Projects range from traditional hand-quilting to wonderful artistic interpretations. Two weekly sessions are offered, each with a distinctive feel. All levels of experience welcome. Bring your project and your ideas.

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
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<th>Instructor</th>
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<tbody>
<tr>
<td>55962</td>
<td>Wed Apr 1 - 29</td>
<td>10am - 11:45am</td>
<td></td>
<td>Virginia Lovitt</td>
</tr>
<tr>
<td>55966</td>
<td>Wed May 6 - 27</td>
<td>10am - 11:45am</td>
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<td></td>
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<tr>
<td>55967</td>
<td>Wed Jun 3 - 24</td>
<td>10am - 11:45am</td>
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Red Hat Society

Ruby Royals

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<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>55968</td>
<td>Wed Apr 8</td>
<td>12pm - 1:30pm</td>
<td></td>
<td>Hazel Shaw</td>
</tr>
<tr>
<td>55969</td>
<td>Wed May 6</td>
<td>12pm - 1:30pm</td>
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<td></td>
</tr>
<tr>
<td>55971</td>
<td>Wed Jun 10</td>
<td>12pm - 1:30pm</td>
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Crimson Cuties

<table>
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<th>Date</th>
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<th>Location</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>55972</td>
<td>Wed Apr 1</td>
<td>12pm - 1:30pm</td>
<td></td>
<td>Jackie Duell</td>
</tr>
<tr>
<td>55973</td>
<td>Wed May 6</td>
<td>12pm - 1:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>55970</td>
<td>Wed Jun 3</td>
<td>12pm - 1:30pm</td>
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</table>

Art Workshop – Drop in
Do you have a project that you never seem to get to? Maybe a watercolor in the corner, a mosaic midway to completion, a collage in progress? Find the motivation to stay on track by joining this group. Just bring your creation and materials, and a promise to yourself to enjoy your art once a week with others doing likewise.

<table>
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<th>Date</th>
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<th>Location</th>
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<tr>
<td>55982</td>
<td>Mon Apr 6 - 27</td>
<td>12:30pm - 2:30pm</td>
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<td>Reginald Allen</td>
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<tr>
<td>55983</td>
<td>Mon May 4 - 18</td>
<td>12:30pm - 2:30pm</td>
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<tr>
<td>55984</td>
<td>Mon Jun 1 - 29</td>
<td>12:30pm - 2:30pm</td>
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</table>

Crafty Card Club
See how creative you can be! Learn new techniques and exchange tips with other card makers each week. Come experiment with your own personal style. It’s fun to use paper, stamps, glitter and glue. You’ll be amazed at the results. $5 material fee per week paid to instructor.

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>56031</td>
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<td>Chris Anderson</td>
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<td>56033</td>
<td>Thu Jun 4 - 25</td>
<td>12:45pm - 2:45pm</td>
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</tbody>
</table>

Book Discussion Group
Set your literary sights on our monthly selections and join the group for lively discussion. Regular book selections may be checked out through the front desk at the Lynnwood Library.

April Selection
– Available April 1 –
Highest Tide by Jim Lynch

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
</tr>
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<tr>
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<td>1:30pm - 2:45pm</td>
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May Selection
– Available May 1 –
The Postmistress by Sarah Blake

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
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<tr>
<td>55899</td>
<td>Wed May 27</td>
<td>1:30pm - 2:45pm</td>
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June Selection
– Available June 1 –
The Twelve Tribes of Hattie by Ayana Mathis

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<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>55900</td>
<td>Wed Jun 24</td>
<td>1:30pm - 2:45pm</td>
<td></td>
<td>Debby Grant</td>
</tr>
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</table>

The Novels of Jacqueline Winspear
Alongside our regular monthly selections we’ll continue reading the Maisie Dobbs series:

Apr – The Mapping of Love and Death
May – A Lesson in Secrets
Jun – Elegy for Eddie

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>55963</td>
<td>Thu Apr 2 - 30</td>
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<td>12pm - 2pm</td>
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<tr>
<td>55965</td>
<td>Thu Jun 4 - 25</td>
<td>12pm - 2pm</td>
<td></td>
<td></td>
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</tbody>
</table>
German Talk Time
Explore conversational German, Sprechen sie Deutsch?
56055 Mon Apr 6 - 27 10:30am - 11:50am
56056 Mon May 4 - 18 10:30am - 11:50am
56057 Mon Jun 1 - 29 10:30am - 11:50am
Facilitator: Ida Fernandez Free / $5 NM

Everything You Wanted to Know about Computers
Learn about hardware, software, and the internet. This course is tailored to the input of participants and is suitable for both beginners and those with some computer experience. Includes Windows 8.
SS993 Tue Apr 7 - 28 11am - 12pm
SS994 Tue May 5 - 19 11am - 12pm
SS995 Tue Jun 2 - 30 11am - 12pm
Instructor: William Benson $25 / $30 NM

Computer Lab Tutoring
Make a 30 minute appointment for help in the lab with your computer questions. Sorry, no wi-fi available.
Tuesdays 12:30pm - 2pm
Instructor: William Benson $6 / $11 NM

Advanced Care Planning
In this workshop you will learn how to determine your values as they pertain to your medical choices, choose the treatments you want, and make your choices known to your family and physician. This planning process is especially important to do in case you are unable to speak for yourself when seriously injured or ill. After the workshop, make an appointment for an individual follow-up session. Brought to you in partnership with the Snohomish County Health Leadership Coalition.
56920 Wed Apr 8 1pm - 3pm
56922 Wed May 13 1pm - 3pm
56924 Wed Jun 10 1pm - 3pm
Facilitator: Eileen Hansen Free Follow up by appointment

Classes & Activities

Popcorn Cinema
Movies and more! This film series includes old favorites, new movies, and everything in between. There's discussion following and popcorn provided!

April Selections
– Tuesdays from 3pm - 6pm –
Apr 7 Casablanca
Apr 14 She Wore a Yellow Ribbon
Apr 21 The Maltese Falcon
Apr 28 The Music Man

May Selections
– Tuesdays from 3pm - 6pm –
May 5 Life With Father
May 12 Contact*
May 19 Batteries Not Included
May 26 Victor / Victoria

June Selections
– Tuesdays from 3pm - 6pm –
Jun 2 Support Your Local Sheriff
Jun 9 The Producers
Jun 16 Oklahoma*
Jun 23 The Pink Panther
Jun 30 Mars Attacks
Facilitator: Jim Armstrong Free / $5 NM

Ongoing Games

Bingo
Mondays 12:30pm - 2:45pm
Facilitator: Claudette Martinez Free / $5 NM

Pinochle
Tuesdays 9am - 12pm
Facilitator: Shanny Peer Free / $5 NM

Duplicate Bridge
Tuesdays 1pm - 4pm
Facilitator: Diane Saunders & Beverly Perkins Free / $5 NM

Mexican Train
Wednesdays 12:30pm - 2:30pm
Facilitator: Claudette Martinez Free / $5 NM

Scrabble
Wednesdays & Fridays 9:30am - 11am
Facilitator: Linda Cranfill Free / $5 NM

Party Bridge
Thursdays 11:30am - 2:30pm
Facilitator: Beverly Perkins Free / $5 NM

Bunco
Fridays 10am - 11:30am
Facilitator: Ethel Conrad Free / $5 NM

GAMES ARE FREE FOR MEMBERS
$5.00 per month for non-members.
Join Lynnwood’s Mayor Nicola Smith and some city leaders for an hour of conversation and coffee. Mayor Smith invites your compliments and concerns for the City. She wants to hear from you! There will be time for questions and answers at the end. Refresh and Reset!

**56404**
**Thu May 7 2pm - 3pm**
Preregistration required
Free

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**Community Volunteer Opportunities and Lunch**

Want to make a difference? Come and learn about great volunteer opportunities in our community and senior center. Don’t have time to spare? Learn about a drop-in volunteer program for those who have a busy schedule. Nonprofit agencies include: Catholic Community Services, Feral Cat Spay and Neuter Project, and Snohomish Visitors Information Center. Lunch will be provided by Gencare Lifestyle of Lynnwood Senior and Assisted Living and Rosewood Courte Memory Care.

**56406**
**Fri Apr 24 12pm - 2:30pm**
Preregistration required
Free if you stay for the entire presentation

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**Birthday Celebration Luncheon**

**April, May & June**

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 Quail Park of Lynnwood.

**56405**
**Wed May 27 12pm - 2:30pm**
Preregistration required – Free for Birthday Members
$5 / $10 NM

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**REMEMBERING WWII**

We are honoring Armed Forces Day by going back in time to WWII. Historians Peter Lahnmann and Alice Miller will have a fascinating display of WWII artifacts and uniforms. Alice will present Beauty and Duty which includes women’s uniforms and stories of women who wore them. Enjoy a delicious lunch by the chefs at Brookdale Senior Living. If you have a uniform and hat from your service, feel free to wear it even if you served during a different time period. There will be a table for WWII vets to display their photo albums and memorabilia.

**56403**
**Fri May 15 12pm - 2:30pm**
Preregistration required – Free for all Veterans
$8 / $13 NM

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**lunch & learn**

Join us as a panel of experts answer your questions on the latest research and information about health and the aging brain. Don’t forget to bring a notebook and pencil. Before the panel starts, enjoy a delicious lunch provided by Quail Park of Lynnwood.

Panel representatives are from:
Providence | Swedish Edmonds | Walgreens
Alzheimer Association | Pacific Medical Center
Quail Park of Lynnwood a Senior Lifestyle Community

**56407**
**Fri Jun 26 12pm - 2:15pm**
Preregistration required
$5 / $10 NM

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Call (425) 670-5050 to register or for more information
Outdoor Recreation

Before you go… some things to know
Pack what you need and leave valuables at home. Please don’t bring anything of value to leave on the bus.
When you imagine yourself hiking a remote trail or on a pristine mountain, there are some things to keep in mind for the safest, most enjoyable trip.
For experienced walkers and flat trail hikers, remember that higher elevations mean more physical demands with less oxygen. For your first hike outing, think about choosing the Tuesday hiking trips. If you have lung or heart concerns, consult your doctor first.
For your safety you need to wear hiking boots for foot protection and ankle support. Athletic shoes are not permitted. Your boots should be broken-in before you go – don’t plan to wear brand new shoes. You may need to use waterproof boots to keep feet warm and dry.
If you have any questions about the outdoor program please contact Janet Sigler at 425-670-5056. Leave a message for questions about equipment, trips, and which activity is right for you.

Outdoor Recreation

Spring Hikes

April Hikes
Sign-up held March 20. Ask about current registration availability.

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Distance</th>
<th>Elevation Gain</th>
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<tbody>
<tr>
<td>Apr 1</td>
<td>Snoqualmie-Preston Trail</td>
<td>3 mile roundtrip</td>
<td>400 foot elevation gain</td>
</tr>
<tr>
<td>Apr 1</td>
<td>Alger Alps, Whatcom County</td>
<td>3 mile roundtrip</td>
<td>100 foot elevation gain</td>
</tr>
<tr>
<td>Apr 7</td>
<td>Stimpson Family Natural Preserve, Bellingham</td>
<td>1 mile roundtrip</td>
<td>100 foot elevation gain</td>
</tr>
<tr>
<td>Apr 21</td>
<td>Bresemann Forest, Spanaway</td>
<td>3 mile roundtrip</td>
<td>500 foot elevation gain</td>
</tr>
</tbody>
</table>

Historic Forts Hike, Whidbey Island ♥♥♥
Bunkers, beaches and bluff. These two forts are surrounded by hiking trails full of wonderful things to see. Fort Ebey offers 28 miles of trails. We will do the Bluff Trail that has grand views of the Olympics and the Strait of Juan de Fuca. Part of the trail has some steep elevation loss and gain so you must be steady on your feet. For lunch break, you can enjoy your sack lunch at the beach or a picnic area. At Fort Casey, the lighthouse is the main attraction. Their trail loops around bunkers and gun batteries. There will be time for ice cream on your own in Coupeville.

- Fort Ebey State Park: 3 mile roundtrip; 400 foot elevation gain
- Fort Casey State Park: 1 mile roundtrip; 100 foot elevation gain

Bainbridge Island Hikes, Part 1 ♥♥♥
Bainbridge has a large assortment of trails to explore. We will try trails that will please adventurous nature lovers. The journey starts at East Grand Forest and ends at Battle Point Park where there is an optional 1.5 mile loop. We will hike through a canopy of firs and maples until you reach an open area called Hilltop. At Hilltop expect a steep climb. For lunch on your own, there will be a stop at Lynwood Center that has some dining spots to try. The day ends at Gazzam Lake Nature Preserve. This trail leads to a 14-acre lake filled with waterfowl and continues down to a beach.

- Grand Forest and Battle Pt Park: 6 mile round trip; 500 foot elevation gain
- Gazzam Lake Nature Preserve: 3 mile round trip; 500 foot elevation gain

Hiking Essentials
- whistle
- a sit pad
- cell phone
- sack lunch
- extra socks
- bug repellent
- plenty of water
- layered clothes
- Golden Age Pass
- good hiking boots
- hat and rain jacket
- hiking or ski pole
- plastic bag for garbage
- money for bakery stops
- sunscreen & sunglasses
- tissue and/or mole skin

Please arrive 15 minutes before departure time on all outdoor trips.

Visit our web site at www.ci.lynnwood.wa.us/seniors
Outdoor Recreation

Spring Hikes

Bainbridge Island Hikes, Part 2 ★★★ – ★★★
This trip to Bainbridge offers gentler hikes. The first stop is to get out and stretch your legs at Fay Bainbridge Park. Not a hike, but a chance to kick some sand around and look out on the water. Then a short stop to Ted Olson Nature Preserve to see some large old firs and cedars. For lunch, we’ll head into town for lunch on your own and the option to discover some historical walking trails in town. After lunch, is a stop at Pritchard Park for a walk along the beach and a view of a Japanese Memorial. The last hike of the day is the waterfront trail in historical Fort Ward Park. See a battery and read about the history of this fort as you walk along the trail.

- **Downtown**: 2 mile round trip loop; 250 foot elevation gain
- **Pritchard Park**: 1 mile round trip; 50 foot elevation gain
- **Fort Ward Park**: 2 mile round trip; Mostly level

55682  Tue May 12 8am - 6:30pm
Sign-up Date: Apr 17  $36 /$42 NM

Little Si, North Bend ★★★★★
Don’t miss this popular hike with an outstanding view of North Bend at the summit. At the top, there is a big, flat rock to sit and enjoy your sack lunch while taking in the view. This trail is not as hard as Big Si, but it is a continual elevation gain to the top with some switchbacks.

- 5 mile round trip
- 1,250 foot elevation gain

55683  Wed May 20 9am - 5pm
Sign-up Date: Apr 17  $26 /$32 N

East Lake Sammamish Trail, Part 1 ★
Be a part of the 11-mile challenge. We will be doing portions of this trail throughout the year. For this trip, the starting point will be Marymoor Park that connects to the trail. Enjoy walking along the east side of Lake Sammamish. You will have great views of the Cascades and the lake. Portions of the trail will be paved and crushed rock.

- 4.5 mile round trip
- Mostly level

55684  Tue May 26 9am - 3pm
Sign-up Date: Apr 17  $26 /$32 NM

Island Center Forest, Vashon Island ★★★
In the middle of Vashon Island is 370 acres of diverse forest filled with hiking trails. The trails are shared by mountain bikers and horses, so you must be alert. In this forest, there are wetlands and meadows to do some bird watching. There will be some time to enjoy lunch on your own and window shopping in town.

- 5 mile round trip
- 250 foot elevation gain

55685  Wed Jun 3 9am - 6:30pm
Sign-up Date: May 15  $36 /$42 NM

Tacoma Discovery Center and Pt Defiance Park ★★★ – ★★★
Do you like frogs, flowers and forests? View frogs at the Tacoma Discovery Center wetlands and lake. This 70-acre preserve has a lot of trails and attractions. Enjoy watching ducks splash in the Discovery Pond built for kids. Then smell the flowers at Point Defiance Park as you make your way to the hiking trails located throughout the park.

- **Discovery Center**: 2 mile loop trail; mostly level
- **Pt Defiance Park**: Up to 5 miles of loop trails; 200 foot elevation gain

55687  Tue Jun 9 9am - 5pm
Sign-up Date: May 15  $26 /$32 NM
Outdoor Recreation

Fishing at Cranberry Lake
We'll fish from the east shore pier at this lake located in Deception Pass State Park. Fishing is open year round and offers rainbow trout, yellow perch, brown trout and largemouth bass. This popular location has produced the most catch this season! Purchase a permit on your own. Bring your own gear and a chair.

Mon Apr 20 8am - 4pm
Sign-up Date: Mar 20 $10 / $16 NM

Spring Hikes

Wallace Falls, Hwy 2 ♥ ♥ ♥ ♥
Renowned for its beauty, Wallace Falls State Park offers majestic waterfalls, lush forest and wild berry picking. There are two ways to arrive at the main attraction, a 250-foot thundering waterfall. You can hike the Woody Trail for 2-1/2 miles or take a longer route and hike the old railroad grade, which is easier but 1 mile longer. You can also do the hike as a loop.
- up to 7-mile round trip
- 1,200 elevation gain

Wed Jun 17 9am - 5:30pm
Sign-up Date: May 15 $26 / $32 NM

Hug a Tree, Whidbey Island ♥ ♥
Step into a 250-acre forest filled with massive cedars and Douglas firs. You will want to hug these giants, but your arms won't fit around them. Located in South Whidbey State Park, this trail will take you down to the beach however, it is a steep descent. The next adventure will be at Earth Sanctuary where you will explore a variety of paths. Each path has a special feature such as a labyrinth, medicine wheels and stone circles. Langley will be the stop for lunch on your own. There will be some time for walking around town. A great day to kick off summer.

S Whidbey State Park: 3 mile round trip; 250 foot elevation gain
Earth Sanctuary: 1 mile round trip; 50 foot elevation gain

Tue Jun 23 8am - 4pm
Sign-up Date: May 15 $43 / $49 NM

Poo Poo Point, Issaquah ♥ ♥ ♥ ♥♥
Get a great workout as you continually climb through the forest on the way to the summit of West Tiger Mountain. Steep in places, but you will be rewarded at the top. At the summit, witness some soaring paragliders and view the surrounding landscape below. This is one of the best lunch spots around. Celebrate the end of the day with a cold treat on your own. Don't forget your camera and binoculars.
- 7 miles round trip
- 1,700 foot elevation gain

Wed Jul 1 9am - 4:30pm
Sign-up Date: June 19 $26 / $32 NM

Horseback Riding, Mt. Vernon
Back by popular demand, we are offering another trip to Lang’s Horse and Pony Farm. This time you will get 1 ½ hours and a new trail to ride on. Trail riding includes a guide and a fantastic view of Skagit Valley Mountains. You’ll enjoy the spring flowers as you ride along. Before the ride, you will have a comprehensive safety class. Learn the proper Western seat; reining commands to turn, slow down, stop: and go over trail tips and safety procedures. After the ride, enjoy a trip up to the Little Mountain Park for a panoramic view of Skagit Valley and a place to enjoy your sack lunch. Top off the day with an ice cream on your own at Big Scoop Palace.
- Wear long pants and closed toe shoes

Fri Jun 5 9am - 3:30pm
Sign-up Date: May 15 $52 / $58 NM

Visit our web site at www.ci.lynnwood.wa.us/seniors
Outdoor Recreation

Kayak Trips

Raft the Elwha, Port Angeles
Are you ready for a wet adventure? Raft six miles of scenic whitewater through the Elwha Valley located in the Olympic National Park. Have fun in Class III waves that are guaranteed to get you wet. You must have the ability to swim. As you paddle along, your rafting guide will point out various wildlife and points of interest. Look for Elk, River Otters and possibly Black Bears. Before your trip, you will have time for a quick lunch on your own in Port Angeles. Rafting trip included with registration fee.

San Juan Island Kayak Tour
Renowned worldwide as a premier kayak destination, San Juan Island offers scenic beauty, wildlife and more. Paddle along the protected shoreline and view marine critters up close from your kayak. Who knows, you might get to see whales. This island is where the local Orca whales call their home. You will walk off the ferry to the kayak outfitter one block away from the Friday Harbor terminal. You must be steady on your feet and able to get in and out of the kayak's cockpit. There will be some time to browse the shops in town. If it is a hot day, there is a popular ice cream shop to satisfy your sweet tooth.

Olympia Trails  ♥♥ – ♥♥♥♥
Our Capitol City has some great parks with hiking trails. Our first park, Priest Point is named after an old mission that once owned this land. There are several kiosks in the park to learn about its rich history. Ellis Cover trail has some great views of Budd Inlet but, it has some steep areas and stair climbing. You must be steady on your feet. A second loop offers a more gentle terrain for those who want to take the easy route. Next, we'll head into town for another trail that loops around Capitol Lake with great views of the Capitol building. There will be some time for lunch on your own or browsing the shops in town. If it is a hot day, there is a popular ice cream shop to satisfy your sweet tooth.
- Priest Point: 1.5 mile round trip; 600 foot elevation gain
- Capitol Lake: 2 mile round trip; mostly level

Guemes Island, San Juan Islands  ♥♥♥♥
View Guemes Island from the top of Guemes Mountain. It is really just a hill but we won't tell them that. The hike begins as soon as you walk off the ferry. The first two miles of the trail is walking along a road to the trailhead. Elevation gain is in the last mile before you reach the summit. On a clear day, you will see surrounding islands, San Juan Straits, the Skagit River delta and the North Cascades. This mountain features a unique prairie habitat with a wide variety of wildflowers, wetlands and forest. Bring some money for ice cream in the island's general store. Trip ferry fee included.
- 6 mile roundtrip
- 600 foot elevation gain

Fort Flagler, Port Townsend
♥♥ – ♥♥♥♥
Hike the historical grounds of an US Army fort on Marrowstone Island. The park rests on a high bluff overlooking Puget Sound, with views of the Olympic and Cascade Mountains. Many historic buildings remain at this 19th-century-established military fort. Hiking trails loop around the park and end at Point Wilson Lighthouse. After checking out the light house, you can continue down to the beach for an additional mile or two depending on the tides. Great views guaranteed. Ice cream on your own in Port Townsend.
- 4.5 mile roundtrip
- 150 foot elevation gain

Spring Hikes

Hurricane Ridge, Olympic National Park
Spend the day walking and hiking along the splendors of Hurricane Ridge. Wildflowers should be spectacular this time of year. Just standing on one spot on the ridge you’ll see the magnificent Olympic Mountain Range on one side and on the other the San Juan Strait and Canada. Have your camera ready for the friendly deer, birds and a few furry critters you may encounter. Throughout the day there are nature hikes with the park’s naturalist or you can hike with our expert guide. Bring your National Park Pass, Golden Age Pass or $5 for park entrance. Bring a sack lunch and something to drink or money for their café. Trip fee include transportation and ferry fee.
- 1-3 mile round trip
- 500 foot elevation gain

Fort Flagler, Port Townsend
♥♥ – ♥♥♥♥
Hike the historical grounds of an US Army fort on Marrowstone Island. The park rests on a high bluff overlooking Puget Sound, with views of the Olympic and Cascade Mountains. Many historic buildings remain at this 19th-century-established military fort. Hiking trails loop around the park and end at Point Wilson Lighthouse. After checking out the light house, you can continue down to the beach for an additional mile or two depending on the tides. Great views guaranteed. Ice cream on your own in Port Townsend.
- 4.5 mile roundtrip
- 150 foot elevation gain
Outdoor Recreation

Pedal Pushers Bicycling

Join us on Wednesdays and Thursdays for 15 - 25 mile group bicycle rides. We ride on trails, on-street bike lanes and low-traffic roads to bakeries, parks and community centers. BIKEs Club of Snohomish County partners with us and with help from club ride leaders we will ride every week. Thursdays are always trail rides. Helmets are required on all rides. Trips are free for BIKEs Club and Senior Center Members; $5 non-members. All rides begin at 10am.

2015 Season Kickoff
Come to this session to jump-start your biking season. Learn what you need to start off safe and secure. Haven't ridden in a while? Our group will help you get back on the saddle.

Centennial Trail – North from Snohomish
Meet at the Centennial Trail at 2nd and Maple in Snohomish and ride north on the trail. RT 5 - 20 miles on level paved trail. This is our first ride of the season. Shorter distance riders may turn around at any time. Snack break along the way. Ride leader Nancy Graham.

Log Boom to Gas Works Park
Meet at Log Boom Park and ride on the Burke Gilman Trail to Gas Works Park. RT approximately 22 miles on level paved path with a food stop on Lake Union. Ride leader Mary Jo Gerst.

Conway to Mt. Vernon Loop via Fir Island
Ride from Conway to Mt Vernon via Fir Island along the west side of the Skagit River. Return on the east side. RT 21 miles with little elevation. Ride leader Nancy Graham.

Samamish River Trail
Meet at the gravel parking lot "Chicken Park" at Sammamish River Park and ride to Redmond on the Sammamish River Trail. RT about 20 miles on level trail. We'll take a food break along the way. Ride leader Bill Lutterloh.

Echo Lake to Green Lake
Meet at Echo Lake Park and ride to Green Lake on the Interurban trail & low-traffic streets. RT 17 miles, mostly level. Snack break near Green Lake. Ride leader Mary Jo Gerst.

Centennial Trail – North from Snohomish
Meet at the Centennial Trail at 2nd and Maple in Snohomish and ride north on the trail. RT 20+ miles on level paved trail. Snack break along the way. Ride leader Bette-Ann Shroyer.

Carnation to Fall City – Out and Back
Meet at John MacDonald Tolt River Park in Carnation and ride on quiet roads to Fall City where we'll take a food and rest break. RT about 20 miles. Ride leader Allyson Welsh.

Sammamish River Trail
Meet at the gravel parking lot “Chicken Park” at Bothell Landing and ride to Redmond on the Sammamish River Trail. RT about 20 miles on level trail. Food break at Whole Foods in Redmond. Ride leader Linda Hunter.

Rexville Grange to La Conner
Meet at the Rexville Grange and ride to La Conner. RT about 20 miles on quiet paved roads. We'll take a food break in La Conner, bring money or food. Ride leader Linda Hunter.
Trips & Excursions

April Trips – (search on-line for details)
Sign-up held March 11. Ask about current registration availability.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>Apr 3</td>
<td>Skagit Tulip Festival</td>
<td></td>
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<tr>
<td>Apr 8</td>
<td>Tour the SR99 Tunnel Construction</td>
<td></td>
</tr>
<tr>
<td>Apr 9</td>
<td>Eat &amp; Shop: Skagit Co-op and Seattle Premium Outlet Mall</td>
<td></td>
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<tr>
<td>Apr 23</td>
<td>Tour the SR99 Tunnel Construction</td>
<td></td>
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<tr>
<td>Apr 28</td>
<td>Casino – Swinomish</td>
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<tr>
<td>Apr 29</td>
<td>Bingo at Rhodes River Ranch</td>
<td></td>
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</tbody>
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Tea Luncheon & Fashion Show * 😊
Join us on a lovely spring day and enjoy a full high tea style luncheon hosted by the Stanwood Community and Senior Center. After lunch the stunning models from Starlight Vintage Emporium will parade past our tables and show us how to put on the Ritz, second-hand style! On our return south we'll stop off at Seattle Premium Outlets for a little shopping or browsing. Luncheon is included in the trip fee.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>56194</td>
<td>Sat May 2 10:30am - 4pm</td>
<td>$22 / $28 NM</td>
</tr>
</tbody>
</table>

Whitney Gardens and a Ferry Ride 😊
Come for the ferry ride or the gardens or the beautiful scenery on the drive along the peninsula — all good reasons to venture out on a spring day. After the gardens we'll stop for lunch along the way we'll find time for a lunch break. Trip fee includes the tour; cost of lunch is on your own.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Details</th>
</tr>
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<tbody>
<tr>
<td>56183</td>
<td>Tue May 5 8:45am - 6:30pm</td>
<td>$33 / $39 NM</td>
</tr>
</tbody>
</table>

Maifest – May Festival in Leavenworth 😊
You'll celebrate spring like it's done in Bavaria with authentic instruments, singing and yodeling, the way alpine music is played in the Alps today. There's a grand parade, maipole dancing and oomp bands for your enjoyment. Take time for lunch on your own if you can tear yourself away from the festivities.

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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>56184</td>
<td>Sat May 9 8:30am - 6:30pm</td>
<td>$22 / $28 NM</td>
</tr>
</tbody>
</table>

Jeeves Intervenes at Taproot Theatre * 😊😊
Jeeves the English valet is back on Taproot's intimate stage just in time to help rescue two blundering nephews as they make their way to the alter. We'll take time for early dinner at the theatre cafe or you may choose to walk to a nearby restaurant.

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<th>Date</th>
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<tbody>
<tr>
<td>56189</td>
<td>Wed Jun 10 1pm - 6pm</td>
<td>$28 / $34 NM</td>
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</table>

12th Man Tour * 😊😊😊😊
You heard it right! Add a little post-season zip to your life. You're going to CenturyLink where the 12th Man Flag Pole sits and where you can stand on the same next-generation Field Turf that the Seahawks and Sounders FC use. This is a tour for all levels of fans so don't miss it. After the tour we'll head to a favorite fan spot near the stadium for lunch. The tour includes one mile of walking and the use of ramps, stairs and elevators. Trip fee includes the tour; cost of lunch is on your own. Choose one of two dates for this trip.

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<th>Date</th>
<th>Event</th>
<th>Details</th>
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<tbody>
<tr>
<td>56192</td>
<td>Fri Jun 12 11am - 4pm</td>
<td>$21 / $27 NM</td>
</tr>
<tr>
<td>56193</td>
<td>Fri Jun 19 11am - 4pm</td>
<td>$21 / $27 NM</td>
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</tbody>
</table>

Northwest Folklife Festival 😊😊😊😊
You'll experience a world of dance and music at this iconic northwest event. It's held at the Seattle Center each year over Memorial Day weekend and admission is still free. Bring money to buy a button to show your support (around $10) and help make sure Folklike entry stays free. You'll get hungry so pack a lunch or plan to buy from the many food vendors at the festival.

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<tbody>
<tr>
<td>56185</td>
<td>Wed May 13 3:30pm - 8:30pm</td>
<td>$12 / $18 NM</td>
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</tbody>
</table>

Tacoma Art Museum: Eloquent Objects * 😊😊
Eloquent Objects: Georgia O'Keeffe and Still-Life Art in New Mexico at the Tacoma Art Museum. Your docent tour will give insight into this exhibit that features more than 60 paintings by O’Keeffe and her contemporaries. Through their modernist approach they record the landscape and objects of the Southwest. Following the tour we'll take a break for lunch in the museum cafe and then return for more art exploration before heading home. Tour is included in the trip fee; the cost of lunch is on your own.

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<tbody>
<tr>
<td>56186</td>
<td>Fri May 22 10:30am - 5pm</td>
<td>$13 / $19 NM</td>
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</table>

Gardeners on the Go! 😊😊😊😊
Go east with us for a garden tour, greenhouse visits and nursery stop. We'll have a docent tour at Bellevue Botanical Garden, browse at Squak Mt. Greenhouse and Gray Barn Nursery and ooh over spectacular specimen plants at Wells Medina Nursery. Somewhere along the way we'll find time for a lunch break. Trip fee includes a donation for the docent tour; cost of lunch is on your own.

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<tr>
<td>56190</td>
<td>Tue Jun 16 9am - 5:30pm</td>
<td>$19 / $25 NM</td>
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The Schooner Zodiac Day Cruise * 😊😊😊😊
See back page for details.

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<tr>
<td>56188</td>
<td>Tue Jun 2 9am - 4:30pm</td>
<td>$35 / $41 NM</td>
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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
Dine Out with Edmonds Senior Center
Join this group at 1pm on 2nd Saturdays. RSVP to Susan Titan at 425-774-2437 by the Wednesday before. Meet at the restaurant.
Sat Apr 11 Thai Bistro – 18336 Aurora Ave N | Shoreline | 206-533-6211
Sat May 9 Family Pancake House – 23725 Highway 99 | Edmonds | 425-775-6300
Sat Jun 13 Arnies – 300 Admiral Way | Edmonds | 425-771-5688

Prison Pet Partnership – Program Tour ☆☆☆☆
We’re offering this opportunity again for those of you who were interested and missed out. Tour the facility, get a close-up look at the training center and see a demo of the service dogs in training on this visit to Gig Harbor and the Prison Pet Partnership Program. After the tour we’ll stop in Poulsbo for lunch before heading to Kingston for the return ferry. Trip fee includes a donation to the Prison Pet Partnership Program; cost of lunch is on your own.

Concert by the Bay in Port Orchard ☆☆☆
This is a lot more than a concert - it’s a summer day on the water. You’ll start with a ferry ride and a walk thru Harborside Fountain Park and along the promenade at the Bremerton waterfront. Then you’ll board the foot ferry for a short ride to Port Orchard and dinner on your own before meeting up with the group for the waterfront concert. You may bring a blanket or folding chair for the concert. Trip fee includes transportation. Bring $2 cash for foot ferry and money for dinner.

Concert in the Park in Olympia ☆☆☆☆
Evening concerts are a summer treat in the northwest, join us and head south to find out what Olympia has to offer. We'll set up our chairs for the concert and then you're free to enjoy dinner on your own in downtown Olympia. Concert seating is al fresco, please bring a blanket or folding chair. Cost of dinner is on your own.

The Taming of the Shrew/ The Tamer Tamed * ☆☆☆
The Jewel Box Theatre in Poulsbo is bringing you summer theatre in the park as well as a fresh look at the women in this classic Shakespeare tale. You’ll have time to enjoy the Poulsbo waterfront and have lunch before the performance. Trip fee includes theatre admission, lunch and other purchases are on your own.

Trips & Excursions

Prison Pet Partnership – Program Tour
☆☆☆☆
Sign-up Date: May 13
56191 Wed Jun 24 9:30am - 4:45pm
$29 / $35 NM

Concert by the Bay in Port Orchard ☆☆☆
Sign-up Date: Jun 10
5663 Thu Jul 9 2pm - 9pm
$25 / $31 NM

Concert in the Park in Olympia ☆☆☆☆
Sign-up Date: Jun 10
5664 Wed Jul 22 3pm - 10pm
$18 / $31 NM

Trip Registration is by Lottery!
Please refer to page 2 for lottery registration information.

* Trips including pre-purchased items are non-refundable.
** Overnight trips may be withdrawn for credit up to 30 days prior to departure

Know Before You Go:
- All trip registration fees include sales tax, and a $6 non-refundable deposit.
- Check-in is 15 minutes prior to the departure time.
- All Senior Center trips are fragrance – free. Please refrain from wearing perfumes or colognes.
- We regret that bus drivers are unable to accept tips.
- Don't bring anything of value on the bus. Pack only what you need.

Vancouver, BC Three Day, Two Night Tour **
Your first stop on this three-day adventure is the Capilano Suspension Bridge Park. A guide will introduce us to the wonders of the bridge and take us on an optional short nature walk. If you like, you may cross the 450’ bridge and walk the winding paths and elevated boardwalks of Treetops Adventures. You may enjoy lunch on your own at a park eatery or bring a sack lunch.

You’ll stay both nights at the Best Western Plus Sands Hotel, minutes from English Bay and Stanley Park, where breakfast is included. Wednesday night’s dinner is at The Park Restaurant at the hotel. On your second day, spend the morning at Van Dusen Botanical Gardens or Lynn Canyon Suspension Bridge Park. In the afternoon, enjoy some shopping or stroll thru Stanley Park or along the beach at English Bay. On your final day we'll enjoy a leisurely morning at the hotel before heading to White Rock for wandering the promenade or walking the beach. White Rock is also our lunch stop before returning home. Trip fee includes transportation, two nights lodging, two breakfasts, one dinner and Capilano entry.

Casino – Angel of the Winds
Make sure your Totem Club card is in hand when you go for the lunch specials at Katie’s Kitchen.
56567 Thu Jul 23 9am - 3pm
Sign-up Date: Jun 10
$12 / $18 NM

Vancouver, BC Three Day, Two Night Tour **
Sign-up Date: Apr 8
56401 Wed - Fri May 27 - 29 8am - 6pm
Double: $365 / $390 NM
Ask about a single supplement
City of Lynnwood
19100 44th Avenue West
PO Box 5008
Lynnwood, WA 98046-5008
Address Service Requested

Take your best swing with the Teed Off Seniors at the Nile Shrine Golf Course! Co-ed play is every other week rain or shine unless thunderstorms are imminent. Pay $16.00 green fees at the course. You may rent pull carts, clubs and driving carts for additional cost. Meet at the golf course 30 minutes before tee time.

For scheduling, contact Bob Hackney at (425) 355-9101.

Nile Shrine Golf Course
6601 244th St SW, Mountlake Terrace

Season Opener Field Day
Golf, food & prizes! | May 7

Regular Play
May 14 & 28 | June 11 & 25 | July 9 & 23

You’ll have four hours aboard this fully restored 1924 two-masted, gaff topsail schooner and opportunity to assist the crew and feel the power of the sails. The Zodiac, restored to the glory of her younger days, is a testament to the majesty and beauty of classic wooden yachts. Her decks are spacious and practical, her sails trimmed and powerful. Her main mast towers over twelve stories high and she proudly boasts the largest working mainsail on the western coast. Your cruise will depart from Fairhaven and sail west toward the San Juan Islands. Please bring a sack lunch for on board, non-alcoholic beverages and desert provided. After the cruise we’ll have time to browse Fairhaven and pick up early dinner if you like. Trip fee includes sailing cruise and beverages and desert on board.

Sign-up Date: Jun 10

$85 / $92 NM