

Senior Messenger

CITY OF LYNNWOOD SENIOR CENTER

October / November / December 2016

19000 44th Ave W | PO Box 5008
Lynnwood, WA 98036
www.ci.lynnwood.wa.us/seniors

(425) 670-5050 Fax: (425) 712-9804
Monday - Friday 8:30am - 3:00pm
Tuesday 8:30am - 6:00pm



LSC Volunteers Mean the World to Us!

If you take a moment to look around the Center, you will see a volunteer. Volunteers are everywhere and doing everything — serving your coffee, answering your calls, facilitating your games and activities — too many jobs to list. Last year over 100 people contributed 7,800 hours to our community. Please take a moment to tell them they make difference. Tell them *“thank you.”*

LSC Volunteers are invited to an appreciation lunch at the Olive Garden on October 12. You make a world of difference. It would mean the world to us to have you there. **See details on page 8.**

Sign-up dates at a glance

October 12

- SNOTRAC Lynnwood to King Street Station
- Holiday Craft Bazaars
- Angel of the Winds Casino
- SNOTRAC Festival of Trees

November 9

- Argosy Cruises Christmas Ship
- Taproot Theatre
- KING 5 New Day Northwest
- Leavenworth Tree Lighting
- Garden d' Lights
- Christmas Tea at Old Goat Farm

December 14

- SNOTRAC Bellevue Ramble
- Skagit Eagle Watch
- Amazon Campus Tour
- Jewel Box Theatre

October – December Events

October 3

- Learn About the Upcoming Medicare Enrollment

October 12

- Volunteer Appreciation Lunch

October 14

- Lunch and Learn – Legal Issues

November 4

- Lunch and Learn for Veterans

November 7

- Medicare Sign-up

November 24

- Thanksgiving Potluck

November 30

- Birthday Luncheon

December 2

- Medicare Safety

December 9

- Baltic Countries Christmas Party



Information

The Lynnwood Senior Center is a community center engaging older adults in health, wellness, social and recreational opportunities.



City of Lynnwood Staff

Director of Parks,
Recreation & Cultural Arts
Lynn Sordel
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Recreation Coordinator
Janet Sigler
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Recreation Clerk Specialist
Shelley Coster
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Senior Center Membership; Age 62+
\$25 per person, 12 months

**Senior Center Associate Membership;
Age 61 & Under**
\$35 per person, 12 months

Lynnwood Senior Center Art Gallery

LSC Art Gallery is maintained by the Art Committee, a volunteer group that also creates the artwork. For more information and an application, please see the front desk.

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. Park at the overflow lot on the corner of 44th and 188th, across from the Recreation Center.
- 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.



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!

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

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.

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

In Memoriam

Dick Guild
September 2016

Jeff Suchy
September 2016



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.

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.

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. Every third Friday the focus will shift to a beading craft, but all crafts are welcome on that day!

63497	Fri Oct 7 - 28	12:30pm - 2:30pm
63498	Fri Nov 4 - 18	12:30pm - 2:30pm
63499	Fri Dec 2 - 30	12:30pm - 2:30pm

Facilitator: Ginger Kemp Free / \$5 NM

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.

63500	Mon Oct 3 - 31	9am - 10:30am
63501	Mon Nov 7 - 28	9am - 10:30am
63502	Mon Dec 5 - 19	9am - 10:30am

Facilitator: Ginger Kemp Free / \$5 NM

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.

63503	Wed Oct 5 - 26	1:30pm - 2:30pm
63504	Wed Nov 2 - 30	1:30pm - 2:30pm
63505	Wed Dec 7 - 28	1:30pm - 2:30pm

Facilitator: Cathy Roper Free / \$5 NM

Our Lives – Our Choices

In a discussion group format, explore ideas about 'constructive self-management.' Develop a better understanding of yourself and how to help others understand you better. Aspects of respect and courtesy, as they apply both to yourself and others, will be explored in a supportive environment.

63506	Tue Oct 4 - 25	12:15pm - 1:45pm
63507	Tue Nov 1 - 29	12:15pm - 1:45pm
63508	Tue Dec 6 - 27	12:15pm - 1:45pm

Facilitator: Rick Mottau Free / \$5 NM

Acupuncture

Acupuncture is one of the oldest medical practices known for healing and pain relief. Register early to schedule your 50 minute appointment.

	Mondays Oct 3 - Dec 19	9am - 1:15pm
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Provider: Cole Alexander \$10 / \$15 NM

Blood Pressure Screening

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

	Mon, Tue, Wed Oct 3 - Dec 19	11:30am - 1:30pm
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Provider: Fire Corps Volunteers Free

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.

63600	Fri Oct 28	10am - 2pm
63601	Fri Dec 9	10am - 2pm

Provider: Deb Fredrikson
Initial exam & visit \$123 / \$128 NM
Routine cleaning & fluoride treatment \$83 / \$88 NM

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. No Massage November 30.

	Wednesdays Oct 5 - Dec 28	9am - 12pm
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Provider: Sandra Nytray \$13 / \$18 NM

Foot Care

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

63472	Fri Oct 7	9:30am - 2:30pm
63473	Fri Oct 21	9:30am - 2:30pm
63474	Fri Nov 4	9:30am - 2:30pm
63475	Fri Nov 18	9:30am - 2:30pm
63476	Fri Dec 2	9:30am - 2:30pm
63477	Fri Dec 16	9:30am - 2:30pm

Provider: Lori Gaubriel \$30 / \$35 NM

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.

63620	Thu Oct 20	9:30am - 2:30pm
63621	Thu Nov 17	12pm - 2:30pm

Provider: Laura Ballard Free / \$5 NM

The Lynnwood Senior Center is fragrance-free. Please refrain from wearing perfume or cologne.

Wellness Corner



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.

Lite Enhance Fitness

This is a gently-paced cardiovascular workout using resistance for strength. Exercise may be in seated or standing positions.

62931	Tue, Thu Oct 4 - 27	9:40am - 10:40am
62932	Tue, Thu Nov 1 - 29	9:40am - 10:40am
62933	Tue, Thu Dec 1 - 29	9:40am - 10:40am

Instructor: Sherry Herdrick
\$3 drop-in or \$24 for an 8-session pass

Intermediate Enhance Fitness

Engage in a moderate workout focused on cardio, flexibility, balance and strength. Instructors are certified.

62934	M, W, F Oct 3 - 31	8:45am - 9:45am
62935	M, W, F Nov 2 - 30	8:45am - 9:45am
62936	M, W, F Dec 2 - 30	8:45am - 9:45am

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!

62937	M, W, F Oct 3 - 31	10am - 11am
62938	M, W, F Nov 2 - 30	10am - 11am
62939	M, W, F Dec 2 - 30	10am - 11am

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

Functional Fitness Check

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

62940	Thu Oct 6	2:30pm - 3pm
62941	Thu Nov 3	2:30pm - 3pm
92942	Thu Dec 1	2:30pm - 3pm

Instructor: Debby Grant Free / \$5 NM

SAIL Fitness Classes

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

62943	Tue, Thu Oct 4 - 27	10:50am - 11:50am
62944	Tue, Thu Nov 1 - 29	10:50am - 11:50am
62945	Tue, Thu Dec 1 - 29	10:50am - 11:50am

Instructor: Debby Grant
\$3 drop-in or \$24 for an 8-session pass

62+ Yoga

Using a chair for balance, you will learn how to move and hold stretches to make you stronger and suppler. Foster improved posture, balance, and alignment through guided sessions. This class is suitable for all fitness levels.

92946	Tue, Thu Oct 4 - 27	8:40am - 9:30am
62947	Tue, Thu Nov 1 - 29	8:40am - 9:30am
62948	Tue, Thu Dec 1 - 29	8:40am - 9:30am

Instructor: Sherry Herdrick \$6 drop-in rate
Four week sessions: \$40 / \$45 NM
Five week sessions: \$50 / \$55 NM
No class November 24

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. This is a powerful, life-changing experience. Laughter is the best medicine in the world.

62949	Tue, Thu Oct 4 - 27	8:40am - 9:30am
62950	Tue, Thu Nov 1 - 29	8:40am - 9:30am
62951	Tue, Thu Dec 1 - 22	8:40am - 9:30am

Instructor: Lida Kim \$6 drop-in rate
Four week sessions: \$40 / \$45 NM
Five week sessions: \$45 / \$50 NM
No class November 8, 10, 24 & December 27, 29

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



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!

63031	Mon Oct 3 - 31 9am - 9:50am
63032	Mon Nov 7 - 28 9am - 9:50am
63033	Mon Dec 5 - 19 9am - 9:50am
63034	Wed Oct 5 - 26 10am - 10:50am
63035	Wed Nov 2 - 30 10am - 10:50am
63036	Wed Dec 7 - 28 10am - 10:50am

Instructor: Joan Harrison \$6 drop-in rate
 Three week sessions: \$15 / \$20 NM
 Four week sessions: \$20 / \$25 NM
 Five week sessions: \$25 / \$30 NM
 Location: Recreation Center, Room 102

Intermediate Tap Dance

Thursday is instruction; Tuesday is practice and rehearsal. No class Nov. 24.

63016	Tue, Thu Oct 4 - 27 12:30pm - 1:30pm
63017	Tue, Thu Nov 1 - 29 12:30pm - 1:30pm
63018	Tue, Thu Dec 1 - 29 12:30pm - 1:30pm

Instructor: Melissa Olson \$37/\$42 NM
 Location: Recreation Center, Room 102

Tai Chi: Moving for Better Balance

This class is based on eight simple forms from the traditional Yang style of tai chi. Researched and developed by Dr. Fuzhong Li in conjunction with the CDC at the Oregon Research Institute in Eugene, this practice is evidenced-based to improve balance and prevent falls.

63028	Thu Oct 6 - 20 9am - 10:30am
63029	Thu Nov 3 - 17 9am - 10:30am
63030	Thu Dec 1 - 15 9am - 10:30am

Instructor: Barbara Gleisner \$21 / \$26 NM
 Location: Recreation Center, Room 102

Gentle 62+ Pilates: an introduction

Gentle Pilates is done in the chair and/or on the floor. You will be introduced to Pilates terminology, basic principles and simple beginning exercises. This class is suitable for everyone. Bring a towel and Pilates mat to class.

63019	Wed Oct 5 - 26 11:30am - 12:20pm
63020	Wed Nov 2 - 30 11:30am - 12:20pm
63021	Wed Dec 7 - 28 11:30am - 12:20pm

Instructor: Angela Dismuke
 Four week sessions: \$24 / \$29 NM
 Five week sessions: \$30 / \$35 NM

62+ Pilates: Level 1

Pilates for Core Strength & Flexibility Level 1 is done entirely on the floor. Level 1 adds to what you learned in Gentle Pilates. You are familiar with and understand the terminology and basic principles and are able to complete the beginning exercises with little assistance from the instructor. Exercises begin to be more complex. This class requires Instructor's approval. You must be able to get up and down on the floor. Bring a towel and Pilates mat to class.

63023	Fri Oct 7 - 28 11:30am - 12:20pm
63024	Fri Nov 4 - 18* 11:30am - 12:20pm
63025	Fri Dec 2 - 30 11:30am - 12:20pm

Instructor: Angela Dismuke
 *Two week session: \$12/\$17 NM
 Four week sessions: \$24/\$29 NM
 Five week sessions: \$30/\$35 NM

62+ Pilates: Level 2

Pilates for Core Strength & Flexibility Level 2 is done entirely on the floor. Exercises continue to grow in complexity and students are challenged. This class prerequisite is Pilates Level 1 and Instructor's approval. You must be able to get up and down on the floor. Bring a towel and Pilates mat to class.

63026	Fri Oct 7 - 28 12:30pm - 1:20pm
63027	Fri Nov 4 - 18* 12:30pm - 1:20pm
63121	Fri Dec 2 - 30 12:30pm - 1:20pm

Instructor: Angela Dismuke
 *Two week sessions: \$12 / \$17 NM
 Four week sessions: \$24 / \$29 NM
 Five week sessions: \$30 / \$35 NM
 Location: Recreation Center, Room 102

No Pilates classes Nov 11, 24 & Dec 24

Classes & Activities



NEW Creative Holiday Cookie Decorating

Come join us and have fun while you learn unique ways to personalize your holiday cookies. You'll take home samples and the know-how to make cookies to serve or to give as gifts. Bring six large plain cookies to class with you. Decorating supplies will be provided.

63551 Tue Nov 29 2pm - 4pm

Instructor: Debbie Allen Free / \$5 NM

Popcorn Cinema

This film series includes old favorites, new movies, and everything in between. There's discussion following and popcorn provided — bring your own theatre candy!

Tuesdays from 2:15pm to 5pm.

– October Selections –

Oct 4 Oh, Brother
Where Art Thou?

Oct 11 On the Waterfront

Oct 18 Fargo

Oct 25 West Side Story

– November Selections –

Nov 1 Lawrence of Arabia

Nov 8 Amadeus

Nov 15 The Sound of Music

Nov 22 Forest Gump

Nov 29 One Flew Over
the Cuckoo's Nest

– December Selections –

Dec 6 Raiders of the Lost Arc

Dec 13 E.T.

Dec 20 Tom Jones

Dec 27 Doctor Zhivago

Facilitator: Jim Armstrong Free / \$5 NM

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!

63511 Wed Oct 12 10:30am - 12pm

63512 Wed Nov 9 10:30am - 12pm

63513 Wed Dec 14 10:30am - 12pm

Facilitator: Margaret Summitt Free / \$5 NM

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.

63514 Mon Oct 3 - 31 9:30am - 11am

63515 Mon Nov 7 - 28 9:30am - 11am

63516 Mon Dec 5 - 19 9:30am - 11am

Facilitator: Hazel Shaw Free

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.

October Selection

– Available Oct 3 –

Cutting for Stone by Abraham Verghese

63489 Wed Oct 26 1:30pm - 2:45pm

November Selection

– Available Nov 1 –

The First Phone Call From Heaven by Mitch Albom

63490 Wed Nov 23 1:30pm - 2:45pm

December Selection

– Available Dec 1 –

Americanah by Chimamanda Ngozi Adichie

63491 Wed Dec 28 1:30pm - 2:45pm

Facilitator: Debby Grant Free / \$5 NM

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.

63529 Wed Oct 5 - 26 10am - 11:45am

63530 Wed Nov 2 - 30 10am - 11:45am

63531 Wed Dec 7 - 28 10am - 11:45am

Facilitator: Virginia Lovitt Free / \$5 NM

63532 Thu Oct 6 - 27 12pm - 2pm

63533 Thu Nov 3 - 17 12pm - 2pm

63534 Thu Dec 1 - 29 12pm - 2pm

Facilitator: Ruth Beckett Free / \$5 NM

Red Hat Society

Ruby Royals

63535 Wed Oct 12 12pm - 1:30pm

63536 Wed Nov 9 12pm - 1:30pm

63537 Wed Dec 14 12pm - 1:30pm

Facilitator/Queen: Michelle Jensen Free / \$5 NM

Crimson Cuties

63538 Wed Oct 5 12pm - 1:30pm

63539 Wed Nov 2 12pm - 1:30pm

63540 Wed Dec 7 12pm - 1:30pm

Facilitator: Jackie Duell Free / \$5 NM

Art Workshop – Drop in

Do you have a project that you never seem to get to? Maybe you have a watercolor in the corner, a mosaic midway to completion, or 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.

63483 Mon Oct 3 - 31 12:30pm - 2:30pm

63484 Mon Nov 7 - 28 12:30pm - 2:30pm

63485 Mon Dec 5 - 19 12:30pm - 2:30pm

Facilitator: Darlene Burt Free / \$5 NM

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.

63552	Thu Oct 6 - 27	1:15pm - 2:45pm
63553	Thu Nov 3 - 17	1:15pm - 2:45pm
63554	Thu Dec 1 - 29	1:15pm - 2:45pm

Instructor: Christie Anderson Free / \$5 NM

Flower Arranging

Sign up for this 30-minute class, and every week you'll take home an artfully designed flower arrangement. You will learn about flower and color combinations, and how to create varied arrangements. 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 or plastic bag to take home your arrangement.

63557	Wed Oct 5 - 26	9:30am - 10am
63558	Wed Nov 2 - 30	9:30am - 10am
63559	Wed Dec 7 - 28	9:30am - 10am

Instructor: Shanny Peer \$10/\$15 NM

German Talk Time

Explore conversational German, Sprechen Sie Deutsch?

63561	Mon Oct 3 - 31	10:30am - 11:50am
63562	Mon Nov 7 - 28	10:30am - 11:50am
63563	Mon Dec 5 - 19	10:30am - 11:50am

Instructor: Darlene Burt Free / \$5 NM

Computer Lab Tutoring

Schedule a 30-minute appointment for a one-on-one session to get help with using your computer. Ben is an experienced tutor who can help you with getting started, setting up programs, managing files and email; he can also provide answers to your technology questions. LSC has Wi-Fi so feel free to bring your laptop if you need help with setup issues or figuring out how to navigate those particular devices.

63542	Tue Oct 11 - 25	11am - 2pm
63543	Tue Nov 1 - 29	11am - 2pm
63544	Tue Dec 6 - 27	11am - 2pm

Instructor: William Benson \$6/\$11 NM

Navigate the Internet & Search Online

Are you having a hard time finding what you want online? Are your keywords working for you? Meet in the computer lab for this hands-on class that will get you started searching the Internet. You can also learn to use the Sno-Isle / Lynnwood Library's premium databases for that special search.

63541	Thu Oct 13	1pm - 2:45pm
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Instructor: Matt Laxton Free

Introduction to Social Media & Facebook

You will work online in the computer lab to get familiar with social media--how to have fun and how to be safe. Learn the do's and don'ts of making friends on the internet as you explore a number of fun social options. This class is offered in partnership with the Lynnwood Library.

63545	Thu Nov 10	1pm - 2:45pm
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Instructor: Matt Laxton Free

Basic Computer Skills

Meet in the computer lab for this hands-on computer skills introduction. This class is good if you're new to computers, returning after a long break, or trying to learn a new skill such as navigating the newest version of Windows. The pace is slow and easy, with plenty of time to ask questions and practice. This class is brought to LSC in partnership with the Lynnwood Library.

63546	Thu Dec 8	1pm - 2:45pm
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Instructor: Matt Laxton Free

Let's Learn to Play Bridge (RETURNING)

If you're new to bridge or need a refresher, this class is for you. In addition to instruction, you'll play real-time bridge hands with advice and support. You'll have the know-how and confidence to join a local bridge group after completing this class.

63235	Fri Oct 7 - Nov 18	9am - 10:30am
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Instructor: Howard Price \$25 / \$30 NM
No class Oct 21 & Nov 11

Ongoing Games



Cribbage

Mondays	10am - 11am
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Facilitator: Barbara Bocock Free / \$5 NM

Bingo

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

Pinochle

Tuesdays	9am - 12pm
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Facilitator: Jan Dahlgard Free / \$5 NM

Duplicate Bridge

Tuesdays	1pm - 4pm
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Facilitator: L. Howard Price Free / \$5 NM

Mexican Train

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

Scrabble

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

Party Bridge

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

Bunco

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

GAMES ARE FREE FOR MEMBERS
\$5.00 per month for non-members.

Events

Preregistration is required for all events.



LEARN ABOUT THE UPCOMING MEDICARE ENROLLMENT

It's that time of year for open enrollment. Be ahead of the game and learn important information before you sign up. Laura Ballard from SHIBA will be here to show you how to prepare.

63396

Mon Oct 3 11:30am - 12pm

Preregistration required

Free



lunch & learn

LEGAL ISSUES



Attorneys Jodi Sullivan and Jamie Graves-Haslam from Northwest Justice Project will present information on medical debt, debt collection, and how to avoid consumer scams. Don't miss these important topics about keeping your money safe. A light lunch will be provided by Cristwood — A CRISTA Senior Living Community.

63398

Fri Oct 14 12pm - 2:30pm

Preregistration required

\$3 / \$5 NM



Our Volunteers Mean the World to Us!

We couldn't do it without you! All 2016 Lynnwood Senior Center volunteers are invited to join us for lunch at the Lynnwood Olive Garden.

63401

Wed Oct 12 11:30am - 1:30pm

Preregistration required by Friday, Oct 7

Free



lunch & learn

FOR VETERANS



Veterans, spouses, and surviving spouses are invited to join us for an informative lunch and learn about benefits and resources. The presentation features guest speakers Nathan Sutton and Shawlee Baza from the Veterans Benefits Administration. This event is sponsored by Brookdale Alderwood.

63392

Fri Nov 4 12pm - 2:30pm

Preregistration required

Free for veterans, spouses & surviving spouses

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

Medicare Sign Up



Do you need to sign-up for Medicare? Statewide Health Insurance Benefits Advisors (SHIBA) — trained volunteer counselors — will be here to help you understand your coverage requirements and options. They will review and compare health and prescription plans so you can make informed choices. As SHIBA volunteers are not associated with any insurance company, they may provide a free, impartial review of your coverage. If you are considered low income, they can help determine your eligibility for additional resources. Appointments are required. Call 425-513-1900 after October 1 to make an appointment. SHIBA is a free and unbiased service of the Washington State Office of the Insurance Commissioner.

63399

Mon Nov 7 9am - 2:30pm

Preregistration required

Free

Thanksgiving Potluck

Join us on Thanksgiving for a shared meal with friends! The turkey and mashed potatoes will be waiting for you. All you do is bring a side dish or dessert to share. Pre-register by Friday, November 18 so we can roast enough turkey for everyone. Doors open at 11:15am. Meal begins at 11:30 am.

63400

Thu Nov 24 11:15am - 2pm

Preregistration required

Free



Medication Safety

The most important person to involve in preventing adverse medication incidents is you. Join the Senior Drug Education Program to discuss ways to increase your safety when taking medications as an older adult. Topics include talking to your doctor, taking medication properly, storing medication, recognizing serious side effects and more. Additional information and resources will be discussed.

63394

Fri Dec 2 1pm - 2pm

Preregistration required

Free

Birthday Celebration Luncheon



October, November & December

Everyone is invited to a birthday party with lunch, cake, and live entertainment. Lunch is on us for LSC members with October, November, or December birthdays. This event is sponsored by Quail Park of Lynnwood.

63395

Wed Nov 30 12pm - 1:30pm

Preregistration required

Free for Birthday Members \$5/\$10 NM

Baltic Countries Christmas Party

How do the Baltic States celebrate Christmas? You'll explore the culture of these countries with a special Christmas meal that represents Estonia, Latvia and Lithuania. Sing along with Christmas Carols performed by the Maplewood Middle School Choir. And if you've been nice, Santa will be here to give you a treat.

63397

Fri Dec 9 12pm - 2:30pm

Preregistration required

\$8/\$13 NM

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, choose a 1-2 star hiking trip. 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.



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

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 highly suggested

Winter Urban Hikes



– PREREQUISITE –

If you are new to the hike program, you must register for a two heart hike and successfully complete it prior to signing-up for a three+ heart hike.

October Hikes – (search on-line for details)

Sign-up ongoing. Ask about current registration availability.

Oct 4-6 Kalaloch Lodge Overnight ♥♥ – ♥♥♥♥

Oct 11 Scenic HWY 2 Trails ♥♥

Oct 19 Rattlesnake Ledge, I-90 ♥♥♥♥♥

Oct 25 River Meadows County Park, Arlington ♥♥ – ♥♥♥♥♥

Nisqually National Wildlife Refuge ♥♥

If you are a birder, this hike is for you. 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. There is a viewing platform at the end of the boardwalk which provides a 360-degree view, including McAllister Creek, the Olympics, Mount Rainier and several islands in Puget Sound. 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.

- 5 miles round trip
- minimal elevation gain

62513 Wed Nov 2 9am - 5:30pm

Sign-up Date: Oct 21

\$26 / \$32 NM

Narbeck Wetland Sanctuary, Everett ♥♥

See where Boeing workers like to take a break from their office. This wetland located near the Everett Boeing Plant offers two loop trails. The inner loop is a boardwalk that circles a series of ponds. The outer gravel loop winds its way through a forested area that is home to a few mischievous beavers. After our hike, we will scout out a local ice cream parlor for a sweet treat on your own.

- 2 miles round trip
- 380 foot elevation gain

62523 Tue Nov 15 10am - 2:30pm

Sign-up Date: Oct 21

\$14 / \$20 NM

Hike registration fees
include sales tax.

Winter Urban Hikes



Elliott Bay Trail, Seattle ♥

On this special walk you get to start out at Olympic Sculpture Park where you will see fascinating sculptures. After viewing the art, we will continue down to the Elliott Bay Waterfront Trail. On this trail, you will get to view some more sculptures and the beautiful bay. You will finish at a marina where you will hop on the bus and head for Dick's Drive In for ice cream on your own.

- 2.5 miles one-way
- minimal elevation gain

62520 Tue Dec 27 10am - 3pm

Sign-up Date: Nov 18

\$14 / \$20 NM

Penny Creek, Mill Creek ♥♥♥

There are some wonderful trails hidden in Mill Creek. We will start the morning with coffee on your own. After our caffeine fix, we will leave the city behind as we hike in a wooded ravine that follows a salmon creek. Some of the trails you need to be steady on your feet. We end the day with lunch on your own at Mill Creek Town Center. Trails are paved and gravel.

- 3 mile round trip
- 200 foot elevation gain

64035 Tue Jan 10 10am - 2pm

Sign-up Date: Dec 16

\$14 / \$20 NM

Smith Island, Everett ♥♥

Walk a path that follows Snohomish River and loops back following the Union Slough. We will be starting on the paved Langus Riverfront trail and making our way through an estuarine complex filled with birds and other wildlife. After our walk, we will drop by the Carl Gipson Senior Center in Everett for a cup of coffee and a treat. Trails are paved and gravel.

- 4 mile loop
- mostly level

64036 Tue Jan 24 10am - 2:45pm

Sign-up Date: Dec 16

\$14 / \$20 NM

Lord Hill, Snohomish ♥♥♥

Named after Mitchell Lord who was a homesteader in this area, this nature preserve is filled with a lot of trails to explore. Trails lead through a forest filled with ponds and marshes. You will get to hike up to a hill that has views of the Cascades and the Snohomish River Valley. Trails are shared by horses and mountain bikes. After the hike, treat yourself to ice cream at Snoqualmie Gourmet.

- 4.5 miles one way
- 200 foot elevation gain

62522 Tue Nov 29 10am - 3pm

Sign-up Date: Oct 21

\$14 / \$20 NM

Everett Waterfront ♥ - ♥♥

Do you wonder where those landslides are that stop the trains in their tracks? Pigeon Creek Trail on the Everett waterfront gives you a great view of Mother Nature's damage at a safe distance. Other great views include the Puget Sound, U.S. Navy Fleet and the Port of Everett. After your walk, enjoy some window shopping or lunch on your own in downtown Everett.

- 2-3 miles round trip
- 75 foot elevation gain

62521 Tue Dec 13 10am - 3:30pm

Sign-up Date: Nov 18

\$14 / \$20 NM



End of the Year Outdoor Recreation Potluck

Join us at a gathering for everyone participating in outdoor programs: Hiking, biking kayaking, golfing, cross-country skiing, and snowshoeing. Bring a potluck item and we'll provide dessert. There will be a display table for you to bring and share the photos you have taken throughout the year. You are invited to stay for the Winter Recreation Preview following the potluck. Call or stop by the Senior Center to register.

62524 Fri Nov 18 12pm - 1pm

Free / \$5 NM

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

Outdoor Recreation

Winter Recreation Trips



Winter Essentials

- ✓ hat & gloves
- ✓ whistle
- ✓ ski or hiking poles with baskets for snowshoeing
- ✓ fanny or day pack
- ✓ gaiter
- ✓ extra socks
- ✓ layered clothes
- ✓ sunscreen & sunglasses
- ✓ hand warmers
- ✓ moleskin
- ✓ plenty of water
- ✓ sack lunch
- ✓ a pad to sit on
- ✓ money for bakery stops
- ✓ \$5 for park entrance or Golden Age Pass
- ✓ tissue and/or hand wipes
- ✓ plastic bags for garbage and wet boots
- ✓ cell phone
- ✓ allergy and other personal medications

Winter Recreation Preview

This meeting is for anyone interested in participating in cross-country ski and snowshoe trips. We'll discuss plans for the upcoming season and how you can join in. If you've never been snowshoeing, don't miss the free lesson and demo. Be sure to bring your questions and suggestions.

62525

Fri Nov 18 1pm - 2pm

Free / \$5 NM

Pacific Crest Trail, Stevens Pass

Enjoy snowshoeing on part of the PCT near Stevens Pass Ski Resort. On this quiet, wooded trail, see wildlife tracks and a snowy mountain range across the valley. Afterwards, warm up with hot cocoa on your own in the Stevens Pass Ski Resort Lodge.

Snowshoe ♥♥ - ♥♥♥♥

- 2 mile round trip
- 75 foot elevation gain

64045 Wed Jan 4 9am - 5pm

Sign-up Date: Dec 16

\$26 / \$32 NM

64059 Snowshoe Rental: \$10 / \$15 NM

Summit Nordic Center, I-90 – Ski & Snowshoe

The Summit at Snoqualmie Pass offers great trails for cross-country ski lovers. To access the main trail there is a climb up and a steep descent down; novice skiers are not advised. Snowshoe around the lodge or join us as we go across I-90 to Gold Creek Pond. Bring your skis or rent them at the Summit. Lunch, snacks and hot drinks may be purchased on your own at the cafe. Ski rentals and trail pass fee are not included in the trip fee. Gold Creek snowshoers — you must bring your own lunch.

Snowshoe Gold Creek ♥♥♥♥

- 3.5 mile round trip
- 100 foot elevation gain

64046 Fri Jan 13 9am - 5pm

Sign-up Date: Dec 16

\$26 / \$32 NM

64063 Snowshoe Rental: \$10 / \$15 NM

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

Winter Recreation Trips



Stevens Pass Nordic Center – Ski & Snowshoe

This Nordic Center features a slew of trails with elevation gain for the intermediate and advanced skier. Snowshoe trails wander up and down through the woods and alongside a frozen creek. Novice skiers and snowshoers are not advised. Ski rentals, food and hot drinks are available at the lodge. Rentals and trail pass are on your own.

Snowshoe ♥♥♥

- 3-5 mile round trip
- 200 foot elevation gain-rolling hills, must be steady on your feet

64047 Fri Jan 20 9am - 5:30pm
Sign-up Date: Dec 16 \$26 / \$32 NM
64054 Snowshoe Rental: \$10 / \$15 NM

Mt Rainier National Park

View the mighty Mt Rainier up close while snowshoeing at Paradise or at Longmire. Road conditions will determine the location. After snowshoeing, you'll have a chance to warm up in the lodge with a hot beverage on your own. Bring your Golden Age Pass or \$10 park fee.

Snowshoe ♥♥ – ♥♥♥♥♥

- **Nisqually Loop:** 1.5 mile; up to 200 foot elevation gain
- **Myrtle Falls:** .5 mile round trip; 100 elevation gain
- **Longmire Loop:** 1 mile; 50 foot elevation gain

64048 Sat Jan 28 9am - 5pm
Sign-up Date: Dec 16 \$29 / \$35 NM
64069 Snowshoe Rental: \$10 / \$15 NM

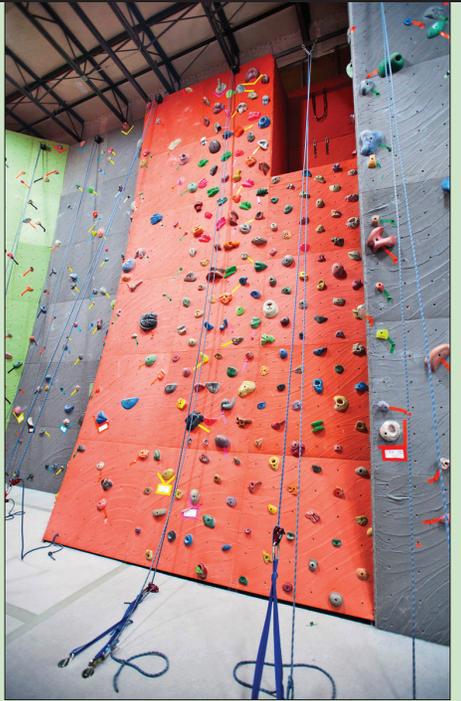
Snowshoe Trip Difficulty Key

♥ **Easy;**
slight elevation gain,
short distance

♥♥ **Moderate;**
some elevation gain,
distance up to three
miles round trip

♥♥♥ **Moderately difficult;**
some difficult terrain &
elevation gain; you must
be steady on your feet

The City of Lynnwood Senior Center trips are **fragrance-free**. Please refrain from wearing perfumes or colognes.



Learn To Climb at Vertical World, Redmond

Try a new adventure by climbing in the comfort of an indoor gym. Staff will belay and assist as you navigate some easy routes on the climbing wall. You'll have so much fun — it'll be like being a kid again. Before we head to the gym, you will get to have lunch on your own at the Redmond Town Center. Gear and instruction are included. Please dress comfortably and wear no jewelry.

62526 Date & Time TBA at Nov 18 sign-up
Sign-up Date: Oct 21 \$38 / \$44 NM

Winter Trip Registration

Register through the Lynnwood Senior Center at (425) 670-5050, or the Lynnwood Recreation Center at (425) 670-5732. Fees includes transportation and sno-park passes. Equipment rental costs and Nordic Center passes are not included. Pass fees range from \$13 – \$17 per person per day. Snowshoe rental is available through the Senior Center on a first-come basis for an additional charge. Weather conditions may require itinerary changes.

Trips & Excursions



SNOTRAC Escapades

SNOTRAC's Ride Around the Sound trips are designed to teach you how to plan and take local transit to the places where you want to go. These trips are provided in partnership with Snohomish County Transportation Coalition.

Lynnwood to King Street Station via Train ☺☺☺

On this trip we're taking the public bus from the Senior Center to the Amtrak station in Edmonds. We'll board a train and head to Seattle to explore the King Street Station and surrounding area. SNOTRAC provides bus fare. You'll need to bring money to pay for lunch and other purchases. When you register for this trip you will pay an extra fee to ride the Amtrak train. The train fare will be determined at registration.

63130 Mon Nov 7 8:30am - 4pm

Sign-up Date: Oct 12 \$9 / \$15 NM

Festival of Trees ☺☺☺

On this trip we're taking the public bus from the Senior Center to the annual Providence Hospital Festival of Trees, hosted at the Tulalip Casino. Enjoy refreshments and local holiday entertainment. You may also choose to visit the casino and have lunch in one of its restaurants. SNOTRAC provides bus fare. You'll need to bring money to pay for lunch and other purchases.

63133 Wed Nov 30 9am - 4pm

Sign-up Date: Oct 12 \$9 / \$15 NM

Bellevue Ramble ☺☺☺

We're taking the public bus from the Senior Center to downtown Bellevue. We'll visit the Bellevue Art Museum; entry is free on first Fridays. Then we'll head over to the mall for lunch and some after holiday sale shopping. SNOTRAC pays bus fare. You'll need to bring money for lunch and other purchases.

64014 Fri Jan 6 9am - 3pm

Sign-up Date: Dec 14 \$9 / \$15 NM

October Trips – (search on-line for details)

Sign-up ongoing. Ask about current registration availability.

Oct 1 Skagit Valley Festival of Family Farms

Oct 7 SNOTRAC Sausage Festival

Oct 14 October in Leavenworth

Oct 18 Smith Tower Tour

Oct 27 Smith Tower Tour

Holiday Craft Bazaars

☺ – ☺☺

Last year's bazaar browsing day was such fun that we're doing it again. We'll hit three to five top-notch craft bazaars and take time in Snohomish for lunch and browsing the shops. Cost of lunch and other purchases is on your own.

63131 Sat Nov 12 9:30am - 4:30pm

Sign-up Date: Oct 12 \$15 / \$21 NM

Argosy Cruises Christmas Ship* ☺☺

Start your Northwest holiday season with us this year on the water with Argosy Cruises. The Argosy Cruises Christmas Ship Festival is a holiday celebration that has been a Pacific Northwest tradition since 1949. Our tickets put us on the Lead Boat where you'll be warm and comfortable while enjoying the Dickens Carolers as the boat cruises Lake Washington. Trip fee includes the boat ride. You may add on a boxed meal when you register.

63843 Sat Dec 3 5:45pm - 10:30pm

Sign-up Date: Nov 9 Cruise only: \$51 / \$57 NM
Cruise + chowder: \$56 / \$62 NM
Cruise + boxed meal: \$66 / \$72 NM

The Trial of Ebenezer Scrooge at Taproot Theatre* ☺☺

In an unbelievably bold move, Ebenezer Scrooge has charged Jacob Marley and the Christmas Spirits with trespassing, kidnapping, assault and battery: certain proof that he's reverted to his old disagreeable self. Can the goodness and grace of Christmas survive? Full of laughter and goodwill, this is a delightful twist on Dickens' classic tale. You'll have time to have lunch on your own and maybe do a little shopping before the show. Trip fee includes performance. Lunch and other purchases are on your own.

63132 Tue Dec 6 11:30am - 5pm

Sign-up Date: Nov 9 \$29 / \$35 NM

KING 5 New Day Northwest

☺☺ – ☺☺☺☺

The holidays are a special time to visit the set of the KING 5 New Day Northwest show. Host Margaret Larson will draw you in and make you feel like part of the action. She'll even pose for pictures after the show ends. For lunch we'll head to Woodinville where you'll find an interesting choice of restaurants. After lunch we'll take time to stop in at Molbak's Garden & Home where you might find a unique holiday plant or special gift. Food and beverage purchases are on your own. Choose one of two dates for this trip.

63774 Thu Dec 8 8:30am - 3:30pm

63775 Thu Dec 12 8:30am - 3:30pm

Sign-up Date: Nov 9 \$15 / \$21 NM

Leavenworth Tree Lighting

☺☺ – ☺☺☺☺

Join us for this winter tradition when Leavenworth decks its halls, streets, trees and lanes. You'll arrive in time to walk around and browse the shops before the tree lighting. We'll stop at the 59er Diner for dinner as we leave Leavenworth. Fun is included in the trip fee but food, beverage and other purchases are on your own. Choose one of two dates for this trip.

63825 Sun Dec 11 11am - 8:30pm

63826 Sat Dec 17 11am - 8:30pm

Sign-up Date: Nov 9 \$22 / \$28 NM

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.

Oct 8 **Gabriel's Fire**
5803 244th St SW,
Mountlake Terrace

Nov 12 **Old Spaghetti Factory**
2509 196th St SW, Lynnwood

Dec 10 **Stanford**
401 Northgate, Seattle



Garden d' Lights at Bellevue Botanical Gardens*



The winter botanical 'blooms' are made from thousands of lights - maybe as many as 500,000! Wander the garden paths and take in this spectacular lighted wonder. The gift shop will be open for browsing or picking up garden-related gifts. We'll stop for early dinner on your own at The British Pantry in Redmond on the way to the Garden and drive through some lighted neighborhoods after. Trip fee includes admission. Food, beverage and other purchases are on your own.

63827 Tue Dec 20 3:15pm - 8:30pm
 Sign-up Date: Nov 9 \$17 / \$23 NM

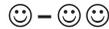
Celebrate Christmas at Old Goat Farm*



Join us and visit this Victorian-style farmhouse where every room has a different theme and every room has a tree including the bathrooms and hallways. There are usually between 15 and 20 trees in the house and at least a dozen outside. Gary is the creative genius behind the trees and decorations. Greg bakes the made-from-scratch desserts. Enjoy a sampling of his desserts along with hot beverages while learning the history of the farm and how Gary and Greg fell in love with it and the old goats that inhabited the property. We'll visit Molbak's Garden Center in Woodinville on our return. There is no meal stop on this trip. Trip fee includes dessert tea. Other purchases are on your own.

64012 Wed Dec 21 12:30pm - 6:15pm
 Sign-up Date: Nov 9 \$43 / \$49 NM

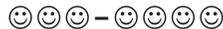
Skagit Valley Eagle Watch



This is feasting time for bald eagles, when salmon migrate upstream in the Skagit River to spawn and die and the eagles swoop in. We'll make viewing stops along the river as we head toward Marblemount and again on our return, also stopping at the Bald Eagle Interpretive Center. We'll stop mid-day for lunch on your own.

64015 Sat Jan 14 8:30am - 4:30pm
 Sign-up Date: Dec 14 \$18 / \$24 NM

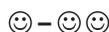
Amazon Seattle Campus Tour



This is your opportunity to tour the various buildings that make up the Amazon campus and learn about this iconic company. Amazon is the newest addition to the downtown Seattle landscape and it has attracted a variety of new restaurants and eateries. We'll arrive early and have lunch before our tour. Cost of lunch is on your own. This tour includes at least one mile of outside walking. Please dress for the weather and wear good walking shoes.

64016 Wed Jan 18 10:30am - 3pm
 Sign-up Date: Dec 14 \$12 / \$18 NM

Dixie Swim Club – Jewel Box Theatre in Poulsbo



This comedy will touch your heart and recall memories of best friends and all they mean. Five southern women who were on a college swim team together set aside a weekend in August every year to meddle in each others' lives. The play covers four of these weekends over a 33-year period. The characters are full of southern charm and will make you laugh as they pick at each other. But when fate throws a wrench into one of their lives, these friends rally around their own with the strength and love that takes this comedy in a poignant and surprising direction. We'll stop for lunch in Poulsbo before the performance. Trip fee includes theatre admission. Lunch and other purchases are on your own.

64017 Sun Jan 22 9am - 4pm
 Sign-up Date: Dec 14 \$43 / \$49 NM



Angel of the Winds

Monday is deal day for age 50+. You'll receive a \$5 coupon off the lunch buffet and one entry in the cash drawing that takes place throughout the day. Make sure to check in at the Totem Club for your coupon.

64073 Mon Nov 14 10am - 5pm
 Sign-up Date: Oct 12 \$12 / \$18 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. Park at the overflow lot on the corner of 44th and 188th, across from the Recreation Center.
- 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.

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

City of Lynnwood
19100 44th Avenue West
PO Box 5008
Lynnwood, WA 98046-5008

Address Service Requested

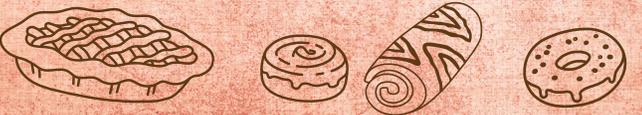
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TREATS & TREASURES SALE

Homemade baked goods, specialty handicrafts and a few gently used treasures make this annual event worth attending. This sale is brought to you by the Fundraising Committee. All proceeds support LSC programs. To contribute to this once-a-year fundraising sale, please consider baking or making your favorite goodie or craft, and donating it to the sale. You may drop off wrapped baked goods and your handmade crafts on Tuesday Oct 18, between 10am and noon. Food and craft items are also accepted the morning of the sale.

Wed Oct 19 - 20 9am - 3pm



**Lynnwood Senior Center
Holiday Closures**

The Lynnwood Senior Center will be closed on the following dates:

- Nov 11** *Veteran's Day*
- Nov 24 & 25** *Thanksgiving*
- Dec 23 & 26** *Christmas*

NEW THIS YEAR!

LSC will be open 8:30am – 3pm,
December 27-30.
Stop by for coffee and treats.