Take a Trip!

In the Pacific Northwest, planning for January through April means both snowshoes and tulips. Look inside for trips from local hikes and snow sports to Tulip Fields, Tunnel Tours, and Pompeii. Be sure to strap up those skis, and remember to smell the flowers!
City of Lynnwood Staff

Director of Parks, Recreation & Cultural Arts
Lynn Sordel
lsordel@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

Information

Senior Center Membership; Age 62+
$25 per person, 12 months

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

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

2014 Members
• Alice Wikene
• Barbara Moorehead
• Claire Amos-Enns
• Donna McKinney
• Elaine Clemensen
• Eldon Johnson
• Mel Marklein
• Norma Bailey
• Reg Allen

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

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Registration for activities without an (*) may be withdrawn for credit up to three business days prior to departure.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** Overnight trips may be withdrawn for credit up to 30 days prior to departure.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.

In Memoriam
John McGrawne
November 2014
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.

54715  Fri  Jan 9 - 30  12:30pm - 2:30pm
54716  Fri  Feb 6 - 27  12:30pm - 2:30pm
54717  Fri  Mar 6 - 27  12:30pm - 2:30pm
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.

54721  Wed  Jan 7 - 28  1:30pm - 2:30pm
54722  Wed  Feb 4 - 25  1:30pm - 2:30pm
54723  Wed  Mar 4 - 25  1:30pm - 2:30pm
Facilitator: Cathy Roper  Free / $5 NM

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

Regular Appointments
Mondays 9:30am - 3pm
Provider: Free Range Health  $23 / $28 NM

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.

1st Mondays & 3rd Wednesdays 11:30am - 1:30pm
Provider: Lynnwood Fire Department  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.

55353  Fri  Feb 27  10am - 2pm
55354  Fri  Mar 27  10am - 2pm
Provider: Deb Fredrikson
Initial exam & visit  $123 / $128 NM
Routine cleaning & fluoride treatment  $83 / $88 NM

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

55365  Fri  Jan 9  9:30am - 2:30pm
55366  Fri  Jan 23  9:30am - 2:30pm
55367  Fri  Feb 6  9:30am - 2:30pm
55368  Fri  Feb 20  9:30am - 2:30pm
55369  Fri  Mar 6  9:30am - 2:30pm
55370  Fri  Mar 20  9:30am - 2:30pm
Provider: Lori Gaubriel  $30 / $35 NM

Q & A with SHIBA
Statewide Health Insurance Benefits Advisors (SHIBA) can help you with your questions about medical and prescription coverage and access, as well as provide you with information about long term care. Call to make a one hour appointment.

55385  Thu  Jan 22  12pm - 2:30pm
55386  Thu  Feb 19  12pm - 2:30pm
55387  Thu  Mar 19  12pm - 2:30pm
Provider: Laura Ballard  Free

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.

Wednesdays  9am - 12pm
Provider: Sandra Nyitray  $13 / $18 NM

Visit our web site at www.ci.lynnwood.wa.us/seniors
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 Fitness
This is a gently-paced cardiovascular workout using resistance for strength. Exercise may be in seated or standing positions.

- **55056** Tue, Thu Jan 6 - 29 9:40am - 10:30am
- **55057** Tue, Thu Feb 3 - 26 9:40am - 10:30am
- **55058** Tue, Thu Mar 3 - 31 9:40am - 10:30am
  
  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.

- **55059** M, W, F Jan 5 - 30 9:30am - 9:20am
- **55060** M, W, F Feb 2 - 27 9:30am - 9:20am
- **55061** M, W, F Mar 2 - 30 9:30am - 9:20am
  
  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!

- **55062** M, W, F Jan 5 - 30 9:30am - 9:20am
- **55063** M, W, F Feb 2 - 27 9:30am - 9:20am
- **55064** M, W, F Mar 2 - 30 9:30am - 9:20am
  
  Instructor: Angela Dismuke
  Daily Fitness Pass: $7
  10 visit Fitness Pass: $37 / $41 Non-Resident
  Location: Fitness Studio – Recreation Center

Functional Fitness Evaluation
Are you already in a fitness class or considering joining one? Either way, take three simple physical tests that help determine your functional fitness level. Make a 15 minute appointment.

- **55065** Thu Jan 8 12pm - 12:30pm
- **55066** Thu Feb 5 12pm - 12:30pm
- **55067** Thu Mar 5 12pm - 12:30pm
  
  Instructor: Debby Grant
  Free / $5 NM
  Location: Recreation Center, Fitness Studio

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

- **55095** Tue, Thu Jan 6 - 29 10:45am - 11:45am
- **55096** Tue, Thu Feb 3 - 26 10:45am - 11:45am
- **55097** Tue, Thu Mar 3 - 31 10:45am - 11:45am
  
  Instructor: Debby Grant
  $3 drop-in or $24 for an 8-session pass

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.

- **55304** Wed Jan 7 - 28 11:30am - 12:30pm
- **55305** Wed Feb 4 - 25 11:30am - 12:30pm
- **55306** Wed Mar 4 - 25 11:30am - 12:30pm
  
  Instructor: Angela Dismuke
  $24 / $29 NM

Gentle 62+ Pilates: An Introduction
Bring a towel and Pilates mat.

- **55318** Tue Jan 6 - 27 5pm - 5:50pm
- **55319** Fri Jan 9 - 30 11am - 11:50am
  
  Instructor: Angela Dismuke
  Four week sessions: $24 / $29 NM
  Five week sessions: $30 / $35 NM

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

- **55318** Tue Jan 6 - 27 5pm - 5:50pm
- **55319** Fri Jan 9 - 30 11am - 11:50am
  
  Instructor: Angela Dismuke
  Four week sessions: $24 / $29 NM
  Five week sessions: $30 / $35 NM
Wellness Corner

62+ Pilates for Core Strength and Flexibility Level 2
Bring a towel and Pilates mat.

55302  Tue  Jan 6 - 27  4pm - 4:50pm
55316  Tue  Feb 3 - 24  4pm - 4:50pm
55317  Tue  Mar 3 - 31  4pm - 4:50pm
Instructor: Angela Dismuke
Four week sessions: $24 / $29 NM
Five week sessions: $30 / $35 NM

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 more supple. You will improve your posture, balance, and alignment through guided sessions. This class is suitable for all fitness levels. Bring a mat to class.

55311  Tue, Thu  Jan 6 - 29  8:35am - 9:25am
55314  Tue, Thu  Feb 3 - 26  8:35am - 9:25am
55307  Tue, Thu  Mar 3 - 31  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 gentle chair-based yoga practice that emphasizes mindful awareness of body sensations. What’s unique about this yoga style is that is combined with fun activities. It is a powerful, life-changing experience because laughter is the best medicine in the world.

55308  Tue  Jan 6 - 27  12pm - 1pm
55312  Tue  Feb 3 - 24  12pm - 1pm
55309  Tue  Mar 3 - 31  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!

55151  Wed  Jan 7 - 28  10am - 10:50am
55152  Wed  Feb 4 - 25  10am - 10:50am
55153  Wed  Mar 4 - 25  10am - 10:50am
Instructor: Ce Boehme  $20 / $25 NM
$8 drop-in rate
Location: Recreation Center, Room 102

Intermediate Tap Dance
Learn dance routines and practice for performances scheduled at local venues. Tap Dance is excellent exercise and a whole lot of fun. Class instruction is on Thursdays; Tuesdays are practice and rehearsal.

55148  Tue, Thu  Jan 6 - 29  12:30pm - 1:30pm
55149  Tue, Thu  Feb 3 - 26  12:30pm - 1:30pm
55150  Tue, Thu  Mar 3 - 31  12:30pm - 1:30pm
Instructor: Melissa Olson  $37 / $42 NM

Tai Chi: Moving for Better Balance
Looking for a class that will bring a spring into your step and steadiness to your balance? Regaining 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.

55198  Thu  Jan 8 - 29  9am - 10:30am
55199  Thu  Feb 5 - 26  9am - 10:30am
55200  Thu  Mar 12 - Apr 2  9am - 10:30am
Instructor: Barbara Gleisner  $28 / $32 NM
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 Slide, 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. Try the first class on January 28 for free!

55862  Wed  Jan 28  10am - 11am
Pre-register to try it for free
55863  Wed  Feb 4 - 25  10am - 11am
55864  Wed  Mar 4 - 25  10am - 11am
Instructor: Christa Quackenbush  $20 / $25 NM

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!

**55068** Wed Jan 14 10:30am - 12pm
**55069** Wed Feb 11 10:30am - 12pm
**55070** Wed Mar 11 10:30am - 12pm

Instructor: Margaret Summitt Free / $5 NM
Location: Recreation Center Conference Room

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.

**55071** Mon Jan 5 - 26 9:30am - 11am
**55072** Mon Feb 2 - 23 9:30am - 11am
**55073** Mon Mar 2 - 30 9:30am - 11am

Facilitator: Hazel Shaw Free

Quilting – Wednesday
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.

**55074** Wed Jan 7 - 28 10am - 11:45am
**55075** Wed Feb 4 - 25 10am - 11:45am
**55076** Wed Mar 4 - 25 10am - 11:45am

Facilitator: Virginia Lovitt Free / $5 NM

Quilting – Thursday
Thursday Quilting offers lessons and hands-on support to learn new techniques. Demonstrations and problem solving your current project are part of this class.

**55077** Thu Jan 8 - 29 12pm - 2pm
**55078** Thu Feb 5 - 26 12pm - 2pm
**55079** Thu Mar 5 - 26 12pm - 2pm

Facilitator: Ruth Beckett Free / $5 NM

Red Hat Society
Ruby Royals

**55080** Wed Jan 14 12pm - 1:30pm
**55081** Wed Feb 11 12pm - 1:30pm
**55082** Wed Mar 11 12pm - 1:30pm

Queen: Hazel Shaw Free / $5 NM

Crimson Cuties

**55083** Wed Jan 7 12pm - 1:30pm
**55084** Wed Feb 4 12pm - 1:30pm
**55085** Wed Mar 4 12pm - 1:30pm

Queen: Phyllis Dyer Free / $5 NM

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.

**54675** Mon Jan 5 - 26 12:30pm - 2:30pm
**54676** Mon Jan 26 - 12:30pm - 2:30pm
**54677** Mon Mar 2 - 30 12:30pm - 2:30pm

Facilitator: Reginald Allen 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 class paid to instructor.

**55175** Thu Jan 8 - 29 12:45pm - 2:45pm
**55176** Thu Feb 5 - 19 12:45pm - 2:45pm
**55177** Thu Mar 5 - 19 12:45pm - 2:45pm

Facilitator: Christine Anderson Free / $5 NM

**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.

**January Selection**
- Available Jan 2 –
**The Tiger’s Wife** by Tea Obreht

**55559** Wed Jan 28 1:30pm - 2:45pm

**February Selection**
- Available Feb 2 –
**Welcome to Utopia: Notes From a Small Town** by Karen Valby

**55560** Wed Feb 25 1:30pm - 2:45pm

**March Selection**
- Available Mar 2 –
**Highest Tide** by Jim Lynch

**55561** Wed Mar 25 1:30pm - 2:45pm

Facilitator: Debby Grant Free / $5 NM

**Explore Anne McCaffrey’s Dragonriders of Pern**
Here’s the next installment in the series:

- Jan – Dragonriders, 1979
- Feb – Moreta: Dragonlady of Pern, 1983
- Mar – Nerika’s Story, 1984

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

- Jan – Messenger of Truth
- Feb – An Incomplete Revenge
- Mar – Among the Mad

Facilitator: Debby Grant Free / $5 NM

Call (425) 670-5050 to register or for more information
### Classes & Activities

#### Driftwood Sculpture
Learn and refine techniques to transform rough driftwood into a fine finished sculpture. Basic tools available from facilitator to get you started. Continuing students may prepare pieces to show at local events. Bring an old towel. $2 supply fee to instructor.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>55053</td>
<td>Tue Jan 6-27</td>
<td>12:30pm - 2:30pm</td>
</tr>
<tr>
<td>55054</td>
<td>Tue Feb 3-24</td>
<td>12:30pm - 2:30pm</td>
</tr>
<tr>
<td>55055</td>
<td>Tue Mar 3-31</td>
<td>12:30pm - 2:30pm</td>
</tr>
</tbody>
</table>

Instructor: Elizabeth Lamphere  $5 / $10 NM

#### German Talk Time
Explore conversational German, Sprechen sie Deutsch?

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>55195</td>
<td>Mon Jan 5-26</td>
<td>10:30am - 11:50am</td>
</tr>
<tr>
<td>55196</td>
<td>Mon Feb 2-23</td>
<td>10:30am - 11:50am</td>
</tr>
<tr>
<td>55197</td>
<td>Mon Mar 2-30</td>
<td>10:30am - 11:50am</td>
</tr>
</tbody>
</table>

Facilitator: Ida Fernandez  Free / $5 NM

#### Non-Denominational Bible Study
Join this small group pursuing 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. We will be using "The Story" as a study guide.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>55859</td>
<td>Mon Jan 5-26</td>
<td>9am - 10:30am</td>
</tr>
<tr>
<td>55860</td>
<td>Mon Feb 2-23</td>
<td>9am - 10:30am</td>
</tr>
<tr>
<td>55861</td>
<td>Mon Mar 2-30</td>
<td>9am - 10:30am</td>
</tr>
</tbody>
</table>

Facilitator: Ginger Kemp  Free / $5 NM

#### One-On-One Technology Coaching
Come to the computer lab on Tuesday afternoons to ask your technology questions. Smart phones, cell phones, digital cameras, computers — our new teen volunteer has lots of answers. Make an appointment at the front desk and tell us what you want to learn.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>55117</td>
<td>Tue Jan 6-Mar 31</td>
<td>2:30pm - 4:30pm</td>
</tr>
</tbody>
</table>

Instructor: Jason Morehouse  $3 / $8 NM

#### Computer Lab Tutoring
Make a 30 minute appointment for help in the lab with your computer questions. Wi-fi will be coming to the center soon.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>55119</td>
<td>Tue Jan 6-Mar 31</td>
<td>12:30pm - 2pm</td>
</tr>
</tbody>
</table>

Instructor: William Benson  $6 / $11 NM

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

**January Selections**
- Tuesdays from 3pm - 6pm
  - Jan 6  Leatherheads
  - Jan 13  Destroy Rides Again
  - Jan 20  Winchester ’73
  - Jan 27  The Sheepman

**February Selections**
- Tuesdays from 3pm - 6pm
  - Feb 3  The Sea Hawk
  - Feb 10  The Crimson Pirate
  - Feb 17  The Day the Earth Stood Still
  - Feb 24  The Andromeda Strain

**March Selections**
- Tuesdays from 3pm - 6pm
  - Mar 3  My Darling Clementine
  - Mar 10  Charade
  - Mar 17  South Pacific
  - Mar 24  Forbidden Planet
  - Mar 31  Major League

Facilitator: Jim Armstrong  Free / $5 NM

#### Everything 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 8.0.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>55122</td>
<td>Tue Jan 6-27</td>
<td>11am - 12pm</td>
</tr>
<tr>
<td>55123</td>
<td>Tue Feb 3-17</td>
<td>11am - 12pm</td>
</tr>
<tr>
<td>55124</td>
<td>Tue Mar 2-31</td>
<td>11am - 12pm</td>
</tr>
</tbody>
</table>

Instructor: William Benson  $20 / $25 NM

#### Introduction to Social Media & Facebook
Another hands-on class in the lab, this will get you familiar with social media — how to have fun and how to be safe. Learn the do's and don'ts of making friends online as you explore a number of fun social options.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>55126</td>
<td>Thu Mar 12</td>
<td>1pm - 2:45pm</td>
</tr>
</tbody>
</table>

Instructor: Matt Laxton  $3 / $8 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: Beverly Perkins  Free / $5 NM

**Scrabble**
Wednesdays & Fridays 9:30am - 11am
Facilitator: Edie Tye  Free / $5 NM

**Mexican Train**
Wednesdays 12:30pm - 2:30pm
Facilitator: Claudette Martinez  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.
Call (425) 670-5050 to register or for more information

**Events**

---

**Preregistration is required for all events.**

---

### mayor’s coffee hour

Join Lynnwood’s Mayor Nicola Smith 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!

**54546**

*Fri Feb 27 1pm - 2pm*

*Free*

---

### Should I Stay or Should I Go?

Learn what steps to take before and after a medical emergency happens with you or a loved one. Sue Rowell will cover financial and living options.

**54548**

*Fri Jan 16 1pm - 2:30pm*

*Free*

---

### Valentine’s High Tea

Just in time for Valentine’s, the Daughters of the British Empire are back to put on a wonderful elegant event. The traditional High Tea includes sandwiches and decadent desserts. Come prepared for the DBE raffle.

**54547**

*Fri Feb 13 12pm - 2:30pm*

*Free*

---

### Learn to Use Our Regional Transit System

Do you or someone you know want to learn about local mobility and transportation options? Join us for Community Transit's *Transit Instruction Program* and then sign up for an optional fun bus to downtown Seattle. The instruction program is free, there is a fee to join one of the trips.

**54550**

*Wed Mar 4 1pm - 2:30pm*

*Free*

---

### It’s All About the Ears

Do you wonder how your hearing is? Get a baseline screening from Connect Hearing. If you have hearing aids, bring them in for cleaning and small repairs.

**54551**

*Fri Mar 13 12:30pm - 2:30pm*

*Free*

---

### COMMON SCAMS – DON’T BE A VICTIM

Every year, senior citizens lose $2.9 billion to scammers. Join CENTS Executive Director Tony Leahy as he presents the common scams and vital steps you can take to avoid them. Minimize the chances of being victimized by a financial scammer. CENTS is a non-profit organization founded by a federal judge and this program was created by Mr. Leahy and several consumer attorneys. Participants will receive a free copy of the Senior Money DVD, a financial program for senior citizens that features Washington State Attorney General Bob Ferguson. This program is educational and advisory only.

**54549**

*Fri Mar 27 1pm - 2:30pm*

*Free*

---

### Birthday Celebration Luncheon

**January, February & March**

Come join us for birthday lunch and great music. If your birthday is in January, February or March and you’re a Lynnwood Senior Center member you may register for free. Sponsored by Aldercrest Health and Rehabilitation Center.

**54546**

*Wed Feb 25 12pm - 2:30pm*

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

---

### mayor’s coffee hour

Join Lynnwood’s Mayor Nicola Smith 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!

**54546**

*Fri Feb 27 1pm - 2pm*

*Free*

---

### Should I Stay or Should I Go?

Learn what steps to take before and after a medical emergency happens with you or a loved one. Sue Rowell will cover financial and living options.

**54548**

*Fri Jan 16 1pm - 2:30pm*

*Free*

---

### Valentine’s High Tea

Just in time for Valentine’s, the Daughters of the British Empire are back to put on a wonderful elegant event. The traditional High Tea includes sandwiches and decadent desserts. Come prepared for the DBE raffle.

**54547**

*Fri Feb 13 12pm - 2:30pm*

*Free*

---

### Learn to Use Our Regional Transit System

Do you or someone you know want to learn about local mobility and transportation options? Join us for Community Transit’s *Transit Instruction Program* and then sign up for an optional fun bus to downtown Seattle. The instruction program is free, there is a fee to join one of the trips.

**54550**

*Wed Mar 4 1pm - 2:30pm*

*Free*

---

### It’s All About the Ears

Do you wonder how your hearing is? Get a baseline screening from Connect Hearing. If you have hearing aids, bring them in for cleaning and small repairs.

**54551**

*Fri Mar 13 12:30pm - 2:30pm*

*Free*

---

### COMMON SCAMS – DON’T BE A VICTIM

Every year, senior citizens lose $2.9 billion to scammers. Join CENTS Executive Director Tony Leahy as he presents the common scams and vital steps you can take to avoid them. Minimize the chances of being victimized by a financial scammer. CENTS is a non-profit organization founded by a federal judge and this program was created by Mr. Leahy and several consumer attorneys. Participants will receive a free copy of the Senior Money DVD, a financial program for senior citizens that features Washington State Attorney General Bob Ferguson. This program is educational and advisory only.

**54549**

*Fri Mar 27 1pm - 2:30pm*

*Free*
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.

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

Know before you go!
Pack what you need and leave valuables at home.
Please don't bring anything of value to leave on the bus.

Backyard Hikes

January Hikes
Sign-up held December 5. Ask about current registration availability.

Jan 6 Lynnwood Mystery Hikes 💝
Jan 20 Richmond Beach 💝💝

Edmonds Part 1, Waterfront and Wetland 💝💝
Edmonds has 23 acres of wetlands that provides a great habitat for birds. You must be steady on your feet because the trail is a boardwalk and it gets slippery when wet. You will then continue down to Marina Beach Park to view the water and wildlife. Edmonds Senior Center will be the next stop for lunch on your own. After lunch, the walk continues along the waterfront and up into a neighborhood looping back to Edmonds Marsh.
- 3.5 mile round trip
- 50 foot elevation gain

Snohomish County Trails 💝💝
In the middle of Mill Creek is a wetland with interpretative boardwalks that run through it. There are several lookouts along the trail for the opportunity to bird watch. You will continue to walk to Mill Creek Town Center for lunch on your own. Next, we will go to Willis Tucker Community Park for a walk in their forested 84 acres. The walk will continue in the Silver Firs neighborhood for another loop trail.
- North Creek Park to Mill Creek Town Center:
  3 mile round trip; mostly level.
  Be aware the boardwalks can be very slippery or icy when wet.
- Willis Tucker:
  3 miles of loop trails; 50 foot elevation gain

Edmonds Part 2, Yost Park 💝💝
Tucked in a ravine is a wonderful trail at Yost Park. Sheltered by trees, this trail follows Shell Creek. A prime spot filled with native vegetation, this is a nice sanctuary for bird and humans. A large portion of the trail has boardwalks that can be very slippery in the winter. Upper paved trail leads down to flat to moderately steep dirt/gravel trails - you must be steady on your feet. Continue down the street to downtown Edmonds for lunch on your own.
- 2 mile round trip
- 50 foot elevation gain

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

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

Do you love to hike, zip and play in the water? Join us for an informational meeting on our outdoor recreation program. We offer: Zip Lining, Hiking, Kayaking, Horseback Riding and more. Learn what to wear and to bring to our outdoor adventures. There will also be a preview on what will be offered this spring and summer.

Local Beach Hike ♥♥♥
We save the most challenging for last. Meadowdale Beach hike winds its way down the thick forested Lunds Gulch. The trail then ends at a secluded park that usually has a few resident eagles hanging around. A great hike to get you in shape for the upcoming hike season. Access to the beach depends on water in the tunnel. For lunch, we’ll travel up the road to Picnic Point. To get to the beach, you will go over a railroad overpass that offers a fantastic view of the Puget Sound. On the way home, we will make a pit stop for ice cream on your own.

- **Meadowdale Beach:** 3 mile round trip; stairs and 400 foot elevation gain
- **Picnic Point:** 1/2 mile round trip; stairs and 75 foot elevation gain

Snoqualmie-Preston Trail Warm Up, I-90 ♥ – ♥♥♥♥
Get in shape for the hiking season by walking this trail that traces an old historic railroad route. Located in the Cascade foothills, you will venture through forests and a scenic valley. No April fooling–there are options for both the short and long distance hiker. Afterwards, we will head over to Boehms chocolates for your Easter Egg shopping.

- **Short Hike Trail:** 4 mile round trip; 75 foot elevation gain
- **Long Hike Trail:** 7 mile round trip; 100 foot elevation gain

Hike registration fees include sales tax.

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

---

**Backyard Hikes**

**Hike and Paddle Preview**

Do you love to hike, zip and play in the water? Join us for an informational meeting on our outdoor recreation program. We offer: Zip Lining, Hiking, Kayaking, Horseback Riding and more. Learn what to wear and to bring to our outdoor adventures. There will also be a preview on what will be offered this spring and summer.

**Local Beach Hike ♥♥♥**
We save the most challenging for last. Meadowdale Beach hike winds its way down the thick forested Lunds Gulch. The trail then ends at a secluded park that usually has a few resident eagles hanging around. A great hike to get you in shape for the upcoming hike season. Access to the beach depends on water in the tunnel. For lunch, we’ll travel up the road to Picnic Point. To get to the beach, you will go over a railroad overpass that offers a fantastic view of the Puget Sound. On the way home, we will make a pit stop for ice cream on your own.

- **Meadowdale Beach:** 3 mile round trip; stairs and 400 foot elevation gain
- **Picnic Point:** 1/2 mile round trip; stairs and 75 foot elevation gain

**Snoqualmie-Preston Trail Warm Up, I-90 ♥ – ♥♥♥♥**
Get in shape for the hiking season by walking this trail that traces an old historic railroad route. Located in the Cascade foothills, you will venture through forests and a scenic valley. No April fooling–there are options for both the short and long distance hiker. Afterwards, we will head over to Boehms chocolates for your Easter Egg shopping.

- **Short Hike Trail:** 4 mile round trip; 75 foot elevation gain
- **Long Hike Trail:** 7 mile round trip; 100 foot elevation gain

**Hike and Paddle Preview**

Do you love to hike, zip and play in the water? Join us for an informational meeting on our outdoor recreation program. We offer: Zip Lining, Hiking, Kayaking, Horseback Riding and more. Learn what to wear and to bring to our outdoor adventures. There will also be a preview on what will be offered this spring and summer.

**Local Beach Hike ♥♥♥**
We save the most challenging for last. Meadowdale Beach hike winds its way down the thick forested Lunds Gulch. The trail then ends at a secluded park that usually has a few resident eagles hanging around. A great hike to get you in shape for the upcoming hike season. Access to the beach depends on water in the tunnel. For lunch, we’ll travel up the road to Picnic Point. To get to the beach, you will go over a railroad overpass that offers a fantastic view of the Puget Sound. On the way home, we will make a pit stop for ice cream on your own.

- **Meadowdale Beach:** 3 mile round trip; stairs and 400 foot elevation gain
- **Picnic Point:** 1/2 mile round trip; stairs and 75 foot elevation gain

**Snoqualmie-Preston Trail Warm Up, I-90 ♥ – ♥♥♥♥**
Get in shape for the hiking season by walking this trail that traces an old historic railroad route. Located in the Cascade foothills, you will venture through forests and a scenic valley. No April fooling–there are options for both the short and long distance hiker. Afterwards, we will head over to Boehms chocolates for your Easter Egg shopping.

- **Short Hike Trail:** 4 mile round trip; 75 foot elevation gain
- **Long Hike Trail:** 7 mile round trip; 100 foot elevation gain

**Hike and Paddle Preview**

Do you love to hike, zip and play in the water? Join us for an informational meeting on our outdoor recreation program. We offer: Zip Lining, Hiking, Kayaking, Horseback Riding and more. Learn what to wear and to bring to our outdoor adventures. There will also be a preview on what will be offered this spring and summer.

**Local Beach Hike ♥♥♥**
We save the most challenging for last. Meadowdale Beach hike winds its way down the thick forested Lunds Gulch. The trail then ends at a secluded park that usually has a few resident eagles hanging around. A great hike to get you in shape for the upcoming hike season. Access to the beach depends on water in the tunnel. For lunch, we’ll travel up the road to Picnic Point. To get to the beach, you will go over a railroad overpass that offers a fantastic view of the Puget Sound. On the way home, we will make a pit stop for ice cream on your own.

- **Meadowdale Beach:** 3 mile round trip; stairs and 400 foot elevation gain
- **Picnic Point:** 1/2 mile round trip; stairs and 75 foot elevation gain

**Snoqualmie-Preston Trail Warm Up, I-90 ♥ – ♥♥♥♥**
Get in shape for the hiking season by walking this trail that traces an old historic railroad route. Located in the Cascade foothills, you will venture through forests and a scenic valley. No April fooling–there are options for both the short and long distance hiker. Afterwards, we will head over to Boehms chocolates for your Easter Egg shopping.

- **Short Hike Trail:** 4 mile round trip; 75 foot elevation gain
- **Long Hike Trail:** 7 mile round trip; 100 foot elevation gain
Backyard Hikes

Stimpson Family Natural Preserve, Bellingham ★★★
Hike through 138 acres of biological diversity, ranging from bogs to wetlands. This well maintained trail goes up low ridges, over creeks and around ponds. Hopefully, Mr Beaver will make an appearance. On the way, home we'll drive through the Skagit Valley Tulip Fields. Bring money for ice cream.
• 3.5 mile loop
• 300 foot elevation gain

Alger Alp, Whatcom County ★★★
You won’t find any Swiss hikers yodeling at the top, but this little mountain has a nice view of Lake Whatcom, Mt Baker and the Skagit Valley. As you make your way to the top, you will pass some interesting geologic rock uplifts. On the way home, we’ll drive by the tulips fields. Bring some money for ice cream.
• 4.5 mile round trip
• 1,000 foot elevation gain

Bresemann Forest, Spanaway ★★
This little forest located in the middle of Spanaway has a system of nature trails to enjoy. The trail will follow Morey Creek out of the forest into Spanaway Park. At the park is where you will enjoy your lunch.
• 2 mile round trip
• 175 foot elevation gain

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

Teed Off Senior Golf – Season Preview Meeting –
It’s time to get the group together to talk about the 2015 Golf Season. Join your old friends and meet your new ones, while facilitator Bob Hackney fills you in on everything you need and want to know.
Outdoor Recreation

Winter Recreation Trips

Stevens Pass Nordic Center
This Nordic Center features lots of trails with elevation gain to explore. 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

**PCT Trail, Stevens Pass**
**Snowshoe** ♥♥♥♥
Enjoy snowshoeing on part of the Pacific Crest Trail 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.
- 2 mile round trip
- 75 foot elevation gain

**Summit Nordic Center, I-90**
The Summit at Snoqualmie Pass offers many trails for all levels of cross-country skiers. Snowshoe around the lodge or join us as we go across I-90 to Gold 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.

**Snowshoe:** ♥♥
- Gold Creek: 3-4 mile round trip
- Mostly level

**Trollhaugen Overnighter I-90**
Go where the Norwegians like to play. Stay in a rustic Nordic lodge located in a winter playground. Cozy up by the fireplace or enjoy winter sports at the Erling Stordahl Sno-Park. There are groomed Nordic and snowshoe trails for all abilities. After a hard day of play soak in a hot tub. Rooms are dorm style with bunk beds. Dinner is potluck- sign up for a dish to bring at registration. There are cross-country ski rentals at the lodge for a small fee. A Snow-Cat will pick up our luggage. We will snowshoe up to the lodge. A ride up is offered for $4 each way on your own.

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

If you need cross-country ski instruction please contact Janet Sigler.
Winter Recreation Trips

Big Four, Mountain Loop Hwy  ❤️ - ❤️❤️❤️
Follow Mt. Loop Hwy for over two miles until you reach the historical area of the Big Four Picnic Area. If the Mt Loop Hwy is open, we’ll just snowshoe at Big Four Meadow. Big mountains loom over the Meadow and popping out of the snow is the remnants of a fireplace that once belonged to the historical Big Four Lodge. There is a picnic shelter to enjoy your sack lunch in. There are no groomed cross-country ski tracks. No rental facilities or lodge are available at this location.

Snowshoe:  ❤️ - ❤️❤️❤️ depending on road closure on the Mt Loop Hwy.
• 2-5 mile round trip
• 500 foot elevation gain

54135  Fri  Feb 6  9am - 6pm
Sign-up Date: Jan 16
$26 / $32 NM
54126 Snowshoe Rental: $10 / $15 NM

#2 Cabin Creek Sno Park, I-90
This popular and well-groomed sno-park offers a large variety of trails. The snowshoe trail loops around a hill with several view points along the way. Bring a sack lunch and plenty of liquid to drink. No rental facilities or lodge are available at this location.

Snowshoe:  ❤️❤️ - ❤️❤️❤️
• 2 mile round trip
• 100 – 500 foot elevation gain

54123  Wed  Feb 11  10am - 6pm
Sign-up Date: Jan 16
$26 / $32 NM
54952 Snowshoe Rental: $10 / $15 NM

Leavenworth Sno Park
The Leavenworth Winter Sports Club grooms up to 8 km of trails that go through the woods, over bridges, across open meadows and along the Icicle Creek. Snowshoers will enjoy trails that feature art sculptures, a fish hatchery, and a view of Icicle Creek. There will be some time after our winter fun to enjoy browsing the shops in Leavenworth.

Snowshoe:  ❤️ - ❤️❤️
• 2 mile round trip
• 100 foot elevation gain

54135  Sat  Feb 21  9am - 7pm
Sign-up Date: Jan 16
$26 / $32 NM
54133 Snowshoe Rental: $10 / $15 NM

Salmon Ridge Sno-Park,
Mt Baker Hwy
The Nooksack Nordic Ski Club developed a wonderful sno-park filled with nordic and snowshoe trails. The cross-country trails are groomed with wide skating lanes. The snowshoe trail rolls up and down alongside Nooksack River. The trail heads into a thick forest where you will turn around and head back. No rental facilities or lodge available at this location.

Snowshoe:  ❤️❤️ - ❤️❤️❤️
• 2-5 mile round trip
• 500 foot elevation gain

54951  Fri  Feb 27  9am - 6:30pm
Sign-up Date: Jan 16
$26 / $32 NM
54952 Snowshoe Rental: $10 / $15 NM

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 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.

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

Visit our web site at www.ci.lynnwood.wa.us/seniors
### Trips & Excursions

**Pompeii: The Exhibition**

The Pacific Science Center is your destination where this exciting exhibit is on display. In the year 79, Pompeii vanished beneath thick layers of volcanic ash left by the eruption of Mount Vesuvius. But what nature destroyed, it also preserved. POMPEII: The Exhibition tells the tale of this city, hidden from view and forgotten for centuries until its rediscovery over 250 years ago. From garden frescoes and marble statues to religious altars and shrines - all set in their original surroundings - you will experience daily life in this bustling Roman city. We'll walk nearby for lunch on your own. Choose one of two dates for this trip.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>54752</td>
<td>Mon Feb 9</td>
<td>9:30am - 3:30pm</td>
</tr>
<tr>
<td>54753</td>
<td>Mon Feb 23</td>
<td>9:30am - 3:30pm</td>
</tr>
</tbody>
</table>

**Theo Chocolate Factory Tour**

If you didn’t have your fill of chocolate for Valentine’s Day or if you simply love chocolate - join us for a visit to Theo Chocolate for a tour of the chocolate making facility and delicious samples. Theo is a pioneer in organic and fair traded chocolate in the U.S. We’ll take a lunch break then stop in at Bedrock Industries where all items are made entirely from recycled materials, including the packaging. Trip fee includes Theo tour admission, lunch is on your own. Choose one of two dates for this trip.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>54755</td>
<td>Wed Feb 18</td>
<td>10am - 3:30pm</td>
</tr>
<tr>
<td>54756</td>
<td>Thu Feb 26</td>
<td>10am - 3:30pm</td>
</tr>
</tbody>
</table>

**Learn to Use Our Regional Transit System Part 2**

Come prepared to have a fun day learning more about our local transit system and how to get to Seattle and back and have fun along the way. We'll visit the Klondike Museum in Pioneer Square followed by lunch, then a stop at Jones Soda Co. for free soda tasting before returning to Lynnwood. Trip fee includes transit fare — no ORCA card required. Lunch is on your own. Choose one of two dates for this trip. Those attending the Transit Instruction Program have priority registration.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>54759</td>
<td>Thu Mar 12</td>
<td>10am - 4pm</td>
</tr>
<tr>
<td>54760</td>
<td>Wed Mar 18</td>
<td>10am - 4pm</td>
</tr>
</tbody>
</table>

**Olympic Peninsula Tour**

We’re repeating this trip because we had such a huge response and we have a fun-packed day planned for you, starting with a drive through the Olympic Game Farm, weather permitting, a scenic meander up to Hurricane Ridge, and a stop at Dungeness Recreation Area outside of Sequim. We’ll pick up lunch along the way for a picnic at Hurricane Ridge. Or bring a sack lunch if you prefer. The day starts and ends with a ferry ride to and from Kingston. Trip fee includes transportation, ferry fee, Olympic Game Farm admission. Food and beverage purchases are on your own. Choose one of two dates for this trip.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>54761</td>
<td>Thu Mar 26</td>
<td>8am - 7pm</td>
</tr>
<tr>
<td>54762</td>
<td>Thu Mar 31</td>
<td>8am - 7pm</td>
</tr>
</tbody>
</table>

---

**Yakima Elk Feed**

This is your opportunity to watch the great elk when they come over the hills to feed on winter grain. We'll ride a flatbed truck out into the field but you may view from the bus if you like. Dress in warm layers and wear gloves. Trip fee includes transportation and donation. We'll stop for lunch on your own at a local restaurant.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>54754</td>
<td>Fri Feb 13</td>
<td>7am - 7pm</td>
</tr>
</tbody>
</table>

**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
Trips & Excursions

Dine Out with Edmonds Senior Center
Join this group at 1 pm on 2nd Saturdays. RSVP to Susan Titan at 425-774-2437 by the Wednesday before. Meet at the restaurant.
Sat Jan 10 Copper Pot – 102 Main St | Edmonds | 425 697-6363
Sat Feb 14 Olive Garden – 4221 196th St SW | Lynwood | 425 670-2977
Sat Mar 14 Panera Bread – 6706 212th St SW | Lynwood | 425 670-2025

Eat & Shop: Skagit Co-op and Seattle Premium Outlet Mall 😊😊
Have you ever found yourself at the Skagit Co-op on one of our trips and run out of time to actually enjoy the food and browse all the wonderful good on the shelves? Well... this trip is taking a nice long break at the Co-op so you can eat your lunch and still have time to look around. Then we’ll head to the Premium Outlet Mall for some shopping or browsing before heading home. Cost of lunch and other purchases is on your own.
54764 Thu Apr 9 10am - 3:30pm
Sign-up Date: Mar 11 $13 / $19 NM

Casino – Swinomish
Travel north on the Senior Center bus to visit this popular casino. Tuesday is Senior Day and we’ll check in at the Player’s Club for some bennies.
54766 Tue Apr 28 9am - 5:30pm
Sign-up Date: Mar 11 $12 / $18 NM

Fraser Downs Harness Racing *
The buffet is included in this trip so graze a little, watch the harness races, visit the casino, then graze at the buffet again — it’s a fun filled day so invite a friend. Trip fee includes transportation and buffet.
54757 Sun Mar 29 8:30am - 8pm
Sign-up Date: Feb 11 $54 / $60 NM

Tour the SR99 Tunnel Construction 😊😊😊😊😊
Join us on this trip to take a close-up look at the Seattle SR 99 tunnel construction. In addition to learning about efforts to replace the viaduct, visitors will be treated to views of this massive project from a section of the Alaskan Way Viaduct that has been permanently closed to traffic. Even after tunneling began in summer 2013 and Bertha slowly disappeared from view, the work site is full of activity as crews support tunneling operations. The tour is half-mile round-trip and lasts for one hour. You must be able walk over uneven ground and climb up and down 50 stairs. After the tour we’ll stop for lunch on your own. Choose one of two dates for this trip. In the event that WA State DOT cancels or changes the date of our tour we will attempt to reschedule.
54763 Wed Apr 8 11am - 3pm
55728 Thu Apr 23 11am - 3pm
Sign-up Date: Mar 11 $16 / $22 NM

Skagit Tulip Festival 😊😊
The Tulip Festival is a favorite annual trek. We’ll drive around the tulip fields and stop at both Roozengaarde and Tulip Town. Both destinations offer opportunities for exploring indoor and outdoor display gardens, and allow you to walk the tulip fields. Around mid-day we’ll take a break at the Kiwanis Salmon Barbeque where you may purchase lunch for around $10-$12. After lunch we’ll stop in at the Mt Vernon Street Fair before returning home. Trip fee includes Tulip Town and Roozengaarde entry. Bring cash for salmon BBQ, or pack a sack lunch if you like.
54765 Fri Apr 17 10am - 4pm
Sign-up Date: Mar 11 $25 / $31 NM

Bingo at Rhodes River Ranch 😊
Come enjoy the longer days of spring with us and have some fun playing “Free” bingo at Rhodes River Ranch. The restaurant serves from the dinner or happy hour menu during bingo and you might even win a prize! We’re told that baby horses might be on the ranch grounds in late April. Food and beverage purchases are on your own.
54767 Wed Apr 29 3:30pm - 8:30pm
Sign-up Date: Mar 11 $12 / $18 NM

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.

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

Address Service Requested

TO OUR 2014 DONORS AND SPONSORS!

THANK YOU

TO OUR 2014 DONORS AND SPONSORS!

LYNNWOOD SENIOR CENTER MEMBERS
Anonymous
Howard Leyda
In memory of Mary Roy Brown
In memory of Felix Entemann
In memory of Harold Washington

DONORS
Albertsons
Appreciation Fund — Lynnwood Senior Center
Panera Bread
Safeway
Trader Joe’s

EVENT SPONSORS
Brookdale Mill Creek
GenCare Lynnwood at Scriber Garden
PCC Natural Market
Quail Park of Lynnwood