

JANUARY | FEBRUARY | MARCH 2025

The Messenger

LYNNWOOD SENIOR CENTER



DIY: Mason Jar Candle p7

Snowshoe Trips p12

Penn Cove Mussel Fest p14

LSC Information

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

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



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LSC Foundation

Board Officers

Sydney Hoard: Chair

Terry Strausser: Treasurer

Tim Radtke: Secretary

David Quarders: Board Member

Diana Couture: Board Member

Donna Schneider: Board Member

The Foundation is seeking Board members. Please stop in or call LSC for an application.



Registration Information

Pre-registration is required for all Lynnwood Senior Center programs. Payment is made at time of registration. Registrations are non-transferable.

M = Member Fee | **NM** = Non-Member Fee



Trip Registration is by Lottery!

Registration for trips is by lottery at LSC on designated sign-up dates. Numbers may be picked up at the front desk between 9:00am and 9:30am, with registration starting at 9:30am. Numbers are allotted individually. You may register for yourself and one absent person. If you wish to travel with a companion that is present, one number will be given for both of you.

Persons arriving after 9:30am will be taken in list order. Telephone registration with credit card begins when the lottery ends.

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

In Memoriam

Karen Yuhas, October 2024

Greg Orth, December 2024



Cancellation Policies

Registration for activities without an (*) may be withdrawn for credit up to three business days prior to departure.

* All trips include a \$10 non-refundable deposit.

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

** Overnight trips may be withdrawn for credit up to 30 days prior to departure.

Scholarship Program

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

Nondiscrimination Policy

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

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

Inclement Weather Policy

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

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

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

LSC Membership \$40/12 months | **LSC Associate Membership Age 61 & Under** \$40/12 months



L-R: Terry Strausser, Treasurer; Syndey Hoard, Board Chair; Tim Radtke, Secretary. Not pictured Dave Quaders, Diana Courture, Donna Schneider.

Mary-Anne's Message

Harvard Chan School says that "helping others and maintaining a sense of optimism and gratitude" is good for us. "Altruism, cooperation, compassion, and empathy...improve the health of both individuals and their communities... improving our mood [and] reducing blood pressure."

In the New Year, I'm thinking about all the different ways LSC has been and how it is now. Everything changes with time as people come and go. Programs

look different, schedules change, while our center community continues and deepens and grows. Our center culture is positive — kind and welcoming and friendly in all the right ways. I thank each one of you for being part of LSC.

Yours,
Mary-Anne



A special note from Sydney Hoard, LSC Foundation Chair about their Bake Sale Fundraiser in November:

YIKES!!! THANK YOU!!!

A huge Shout Out to all of the Bakers and the Buyers who made our Annual Foundation Bake Sale such an amazing success! Your generosity was truly fantastic and so very much appreciated.



Volunteers Needed

LSC relies on volunteers. People sharing their time and talents not only makes our center operate well, but makes our community positive and inclusive. We have many positions to find your best fit. Please stop at the front desk to find out more. Christina Chung is our Volunteer Coordinator.

These are some current positions open:

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

Fitness



What to Know About Fitness Classes

Enhance Fitness Program

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

Enhance Fitness ★

Engage in a moderate workout focused on cardio, flexibility, balance, and strength. This is an intermediate level class, designed for both seated and standing positions. This class is in person with a hybrid remote option available.

64434	M, W, F Jan 6-31 11:10am-12:10pm \$44 / \$66 NM
64430	M, W, F Feb 3-28 11:10am-12:10pm \$44 / \$66 NM
64431	M, W, F Mar 3-31 11:10am-12:10pm \$52 / \$78 NM

Instructor: Debby Grant & Kay Peterson
Location: Lynnwood Recreation Center, Fitness Studio
*No class Jan 20, Feb 17

Lite Enhance Fitness

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

64433	Tue, Thu Jan 7-30 10-11am \$32 / \$48 NM
64429	Tue, Thu Feb 4-27 10-11am \$32 / \$48 NM
64432	Tue, Thu Mar 4-27 10-11am \$32 / \$48 NM

Instructor: Kay Peterson

Flow Yoga 62+

Your day will start on a peaceful note with a gentle, safe and fun Flow Yoga practice. Improve your strength, flexibility, balance, and mobility through practicing standing and seated yoga poses. A chair may be used for support as needed. This class is designed to meet the needs of older adults of all experience levels. Adults of all ages are welcome.

64437	Tue, Thu Jan 7-30 9-9:50am \$48 / \$64 NM
64438	Tue, Thu Feb 4-27 9-9:50am \$48 / \$64 NM
64436	Tue, Thu Mar 4-27 9-9:50am \$48 / \$64 NM

Instructor: Marie-Lou Andresen

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



Intermediate Tap Dance

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

64460 Tue, Thu Jan 7-30 1-2pm \$24/\$32 NM

64459 Tue, Thu Feb 4-27 1-2pm \$24/\$32 NM

64458 Tue, Thu Mar 4-27 1-2pm \$24/\$32 NM

Instructor: Melissa Olson

Location: Lynnwood Recreation Center, Room 102

Line Dance

Line Dance is all about moving and having fun. In this easy upbeat class, you'll move to a wide variety of music including Rock & Roll, Hip Hop, Salsa, Cha Cha, Country Western and more. Exercise never felt like such fun! This class is for people of all experience and ability levels.

64440 Tue, Thu Jan 7-30
11:10am-12pm \$48/\$64 NM

64441 Tue, Thu Feb 4-27
11:10am-12pm \$48/\$64 NM

64439 Tue, Thu Mar 4-27
11:10am-12pm \$48/\$64 NM

Instructor: Marie-Lou Andresen

Bhangra Dance

Bhangra is the folk dance of the state of Punjab in India. It's a joyful and celebratory dance with infectious beats. It provides full body workout and helps improve coordination, balance and cardio health.

64455 Wed Jan 8-29
10:30-11:20am \$24/\$32 NM

64457 Wed Feb 5-26
10:30-11:20am \$24/\$32 NM

64456 Wed Mar 5-26
10:30-11:20am \$24/\$32 NM

Instructor: Seema Vibbert

Tai Chi for Sound Health

Tai Chi is a form of martial arts that is practiced primarily for its health benefits. Scientific studies show that it helps chronic conditions such as arthritis, heart disease, and diabetes, to name a few. It also improves balance, prevents falls, reduces stress, and boosts immunity. Most importantly, tai chi is an enjoyable form of exercise that people of any age can learn and practice. This series will explore Qigong and other styles. New and continuing learners are welcome.

64449 Mon, Wed Jan 6-29
11-11:50am \$42/\$56 NM

64451 Mon, Wed Feb 3-26
11-11:50am \$42/\$56 NM

64450 Mon, Wed Mar 3-31
11-11:50am \$54/\$72 NM

Instructor: Marie-Lou Andresen

Location: Lynnwood Recreation Center, Room 102

*No class Jan 20, Feb 17

Classes & Activities



Chat en Espanol

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

Do you speak Spanish first? Join us to meet and chat with other native Spanish speakers. In addition to growing community, we'll discuss basic English terms and technology for increased independence in everyday activities. This class is intended for Spanish speakers wanting to learn English.

64452	Mon Jan 6-27	11:30am-12:30pm	Free
64454	Mon Feb 3-24	11:30am-12:30pm	Free
64453	Mon Mar 3-31	11:30am-12:30pm	Free

Instructor: Teresa Olmos Montano

Service Knitting & Crochet

Are you looking for something to do that will make a difference? Join us in making blankets, hats, and scarves for local newborns and homeless children. All levels are welcome. Needles and yarn provided.

64381	Mon Jan 6-27	9:30-11am	Free
64382	Mon Feb 3-24	9:30-11am	Free
64380	Mon Mar 3-31	9:30-11am	Free

Facilitator: Josephine O'Shaughnessy

Chinese Calligraphy Workshop

Bring your own supplies to this weekly drop-in workshop to practice your Chinese calligraphy and share insight and skills with others.

64374	Mon Jan 6-27	9-11am	Free/\$10 NM
64375	Mon Feb 3-24	9-11am	Free/\$10 NM
64376	Mon Mar 3-31	9-11am	Free/\$10 NM

Facilitator: Poon (Koon-Yui) Poon

Coloring Club

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

64372	Tue Jan 7-28	11am-12:30pm	Free/\$10 NM
64371	Tue Feb 4-25	11am-12:30pm	Free/\$10 NM
64370	Tue Mar 4-25	11am-12:30pm	Free/\$10 NM

Facilitator: Jackie Green & Don Pullman

Needle Felting Group

Wool needle felting is a process where raw wool fibers are transformed into solid, durable art or fabric using small, barbed needles. Bring your own supplies to this fun crafting group, with a focus on social interaction and independent learning. If you participated in the DIY class last year, you already have everything you need! A suggested supply list and project ideas are available at the front desk.

65399	Wed Jan 8-29	10:30am-12pm	Free/\$10 NM
65400	Wed Feb 5-26	10:30am-12pm	Free/\$10 NM
65401	Wed Mar 5-26	10:30am-12pm	Free/\$10 NM

Facilitator: Shelley Coster

Flower Arranging

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

64410	Wed Jan 8-29	9:30-10:30am	\$16/\$24 NM
64411	Wed Feb 5-26	9:30-10:30am	\$12/\$18 NM
64412	Wed Mar 5-26	9:30-10:30am	\$16/\$24 NM

Facilitator: Patty Stensvig

* Indicates a non-refundable trip

Classes & Activities + Games



Drawing and Painting Techniques for All Artists

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

64413 Thu Jan 16-30
12:30-2:30pm \$18/\$24 NM

64414 Thu Feb 6-27
12:30-2:30pm \$24/\$32 NM

64415 Thu Mar 6-27
12:30-2:30pm \$24/\$32 NM

Instructor: Donella M Robbins

Dine Out with LSC

This group meets up for lunch at local restaurants on the first Thursday of each month. Please register through the LSC front desk by the Tuesday before so we know how many to expect. Join by yourself or sign up with a friend or family member to enjoy a meal with new acquaintances. All transportation and purchases on your own.

January – Spiro's, Shoreline

64809 Thu Jan 2 1-3pm Free

February – China City, Mill Creek

64810 Thu Feb 6 1-3pm Free

March – Red Lobster, Lynnwood

64811 Thu Mar 6 1-3pm Free

Facilitator: Barbara Halseth

Quilting Group

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

64416 Fri Jan 3-31 10-11:30am Free/\$10 NM

64417 Fri Feb 7-28 10-11:30am Free/\$10 NM

64418 Fri Mar 7-28 10-11:30am Free/\$10 NM

Facilitator: Myrtle Guild

Tech Support

If you have questions or want to learn more about your computer, tablet or phone, contact LSC to schedule an appointment with our tech support volunteers. Please prepare your questions and bring your device to your appointment.

Wednesdays 10am-1pm Free

Thursdays 10am-12pm Free

Instructor: Ben Benson & Ayo Tayo-Balogun

Let's Get Crafty – Card Class

Assemble three handmade cards for all occasions. This month we will be working on Valentine's Day themed cards. Supplies included. Pre-registration required.

64636 Fri Feb 7 12:30-2pm \$8/\$14 NM

Instructor: Joanne Cooney

DIY: Mason Jar Candle

Join us to create your own herbal scented mason jar candle! Learn how to blend natural soy wax with aromatic herbs and eco-friendly ingredients to craft personalized, soothing candles. Perfect for beginners, you'll leave with your handmade candle and the skills to make more at home. Supplies included.

65086 Fri Mar 7 12:30-2:30pm \$10/\$16 NM

Instructor: Shelley Coster



Ongoing Games



Please register monthly for games

Bingo

Mon 12:30-3pm Free/\$10 NM

Facilitator: Claudette Martinez

Canasta

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

Facilitator: Sharon Jacobson

Mexican Train (Dominoes)

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

Facilitator: Dora Cantu

Cribbage

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

Facilitator: Barbara Buckler

Party Bridge

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

Facilitator: Mark Yuhas

MahJong

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

Facilitator: Sandy Parker

Scrabble

Sat 10am-12pm Free/\$10 NM

Facilitator: Dora Cantu

Double Deck Pinochle

Join our newest game on Saturday with instruction and game play included the first month.

Sat 10am-12pm Free/\$10 NM

Facilitator: James Rutherford

GAMES ARE FREE FOR MEMBERS

\$10.00 per month for non-members

Services & Discussion Groups

Services



Foot Care Appointments

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

Mondays 9am–1pm \$35/\$40 NM

Provider: Ann Nguyen

Blood Pressure Checks

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

Tuesdays 12–1pm Free

Wednesdays 11am–12pm Free

Provider: Remy Obillo & Chin Zimonyi

SHIBA Appointments

Statewide Health Insurance Benefits Advisors can help you with your Medicare questions. Call LSC to schedule your one-hour appointment. Bring your Medicare card with you if you have one.

64592 Thu Jan 16 12–3pm Free

64591 Thu Feb 20 12–3pm Free

64590 Thu Mar 20 12–3pm Free

Provider: Laura Ballard

Discussion Groups

Book Discussion Group

We read modern fiction and an occasional classic. Sometimes we add on a book series to make sure we all stay interested and engaged. You may check out the regular book selections through the front desk at the Lynnwood Library — ask for the Lynnwood Senior Center book group. Then join us on the fourth Tuesday for discussion.

January Selection:

The Rose Code by Kate Quinn

64377 Tue Jan 28 1:30–2:30pm Free/\$10 NM

February Selection:

Elephant Company by Vicki Croke

64378 Tue Feb 25 1:30–2:30pm Free/\$10 NM

March Selection:

Behind the Beautiful Forevers by Katherine Boo

64379 Tue Mar 25 1:30–2:30pm Free/\$10 NM

Facilitator: Doug Madison

Movie Watch Party

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

January: Youth Movement

Wonder (2017);

Rocks (2019);

Uproar (2023)

**64427 Wed Jan 8-29
12:30–2:45pm Free/\$10 NM**

February: Love in the Aught's

Spanglish (2004);

Monsoon Wedding (2001);

The Notebook (2004)

**64428 Wed Feb 5-26
12:30–2:45pm Free/\$10 NM**

March: Societal Pressure

Stranger Than Fiction (2006);

The Big Sick (2017);

Don't Look Up (2021)

**64426 Wed Mar 5-26
12:30–2:45pm Free/\$10 NM**

Facilitator: Virginia Miscione



Coffee Chat

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

Monday – Friday 9am–2:30pm Free

Saturdays 9am–1pm Free

Daily registration required. Check-in at front desk.

Our Choices and Understandings

In a discussion group format, explore current topics to better understand yourself and others.

**64408 Tue Jan 7-28
12:15–1:45pm Free/\$10 NM**

**64409 Tue Feb 4-25
12:15–1:45pm Free/\$10 NM**

**64407 Tue Mar 4-25
12:15–1:45pm Free/\$10 NM**

Facilitator: Rick Mottaw

Chinese Chat Group

請加入我們用中文隨意討論

Please join us for casual discussion in Chinese.

64478 Wed, Fri Jan 3-31 10–11:30am Free

64492 Wed, Fri Feb 5-28 10–11:30am Free

64515 Wed, Fri Mar 5-28 10–11:30am Free

Facilitator: Poon (Koon-Yui) Poon

Chatterboxes

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

64366 Fri Jan 3-31 12:30–2:30pm Free/\$10

64364 Fri Feb 7-28 12:30–2:30pm Free/\$10

64365 Fri Mar 7-28 12:30–2:30pm Free/\$10

Facilitator: Ginger Kemp

Presentations

Events

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



Understanding Cannabinoids

Join us for an informative and friendly session about cannabinoids — natural compounds found in cannabis — focusing on potential health benefits, safe usage, and what people should know. We'll cover how cannabinoids like CBD and THC may impact pain, sleep, and overall well-being, and explore how they might help with age-related conditions. Plus, enjoy some delicious* brownies as we discuss the science, the myths, and the practical applications of cannabinoids in everyday life! *Cannabinoid-free.

65022 Tue Jan 14 1-2:30pm Free

The Great Backyard Birdcount

Discover the joy of birdwatching and how you can contribute to community science with the Great Backyard Bird Count! In a fun and informative session, we'll explain how this annual event helps track bird populations and migration patterns. Learn how easy it is to participate — whether you're a seasoned birdwatcher or just getting started. We'll cover how to identify common backyard birds, how to count and report your sightings, and how your observations make a real difference. Grab your binoculars and get ready to help scientists make important discoveries — all from your own backyard!

65023 Tue Jan 28 1-2pm Free

Future Medicine Fueled by Modern Life Science Research – LSC Community Presentations –

You have probably heard about genomics, proteomics, metabolomics, or microbiomes which come from the Life Sciences field. What are those terms, how do they shape future diagnostics and therapeutics, and more importantly, how do we expand our understanding of human biology? Mi-Youn Brusniak has been working as a Computational Chemist and Bioinformatician for more than 30 years, exploring the early development of diagnostics and therapeutics for various diseases. The presentation will give a very high-level overview of Life Science development and what is envisioned for future medicine.

65024 Tue Feb 25 1-2pm Free

Journey with George – LSC Community Presentations –

Our own George McKenzie is a talented photographer known for his art. He's also really good with a story. Take a journey with George through his camera lens as he shares some moments that he has captured in a photograph.

65025 Tue Mar 18 1-2pm Free

Birthday Celebration Luncheon

Celebrate love and friendship at a special Valentine's Day-themed birthday party! Join us for an afternoon filled with heartwarming fun, sweet treats, and festive decorations. It's the perfect blend of Valentine's Day charm and birthday cheer — come share the love and make this celebration unforgettable! If your birthday is in January, February, or March and you're a Lynnwood Senior Center member, you may register for free.

65026 Fri Feb 14 12-2:30pm \$5/\$10 NM

Outdoor Recreation Presentation and Potluck – Spring –

Come hikers and outdoor enthusiasts for a potluck social! Bring a dish to share, swap trail stories, and enjoy the camaraderie of fellow outdoor enthusiasts. This is the perfect way to unwind, savor great food, and celebrate the adventures we've shared on the trail. We'll have a brief presentation on upcoming outdoor recreation and an opportunity to ask questions. If you're a seasoned LSC event or looking into joining, this event is for you.

65028 Tue Mar 25 12-2pm Free

Meet the Mayor Rootbeer Float Social

Join Lynnwood Mayor Christine Frizzell for a community event where you'll have the opportunity to ask questions, learn about Lynnwood, and enjoy a root beer float.

65027 Wed Feb 26 2-2:40pm Free

Thirsdays Social

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

65029 Thu Jan 16 12:30-1:30pm Free

65030 Thu Feb 20 12:30-1:30pm Free

65031 Thu Mar 20 12:30-1:30pm Free

Outdoor Recreation

-  HIKING BOOTS ONLY
-  ATHLETIC SHOES OKAY
-  TREKKING POLES RECOMMENDED

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

Hike Difficulty Key

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

Hiking Essentials

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

Community Walking Group

Join LSC for a community walking group taking place on Thursdays. Walks through the local neighborhoods and parks last 45 minutes to an hour.

Walks have minimal elevation gain and happen rain or shine.

Please meet at the Lynnwood Senior Center lobby by 10:50am to check-in and meet with group. Bring water and weather-appropriate clothing. Come early or stay later for coffee, tea, and chatting inside LSC.

63389

Thursdays 11am-12pm Free

Hikes



Point Defiance, Tacoma



Point Defiance offers a scenic and relatively easy hike through forested trails with breathtaking views of Puget Sound and the Olympic Mountains. Located within Point Defiance Park in Tacoma, this trail winds through old-growth forests, offering a combination of nature, history, and scenery.

- 4.4 miles round trip
- 300 feet elevation gain

65033 Mon Feb 24 9am-2:30pm \$28/\$34 NM

Coal Mine Loop, Issaquah



This loop trail near North Bend is a moderate hike that takes you through lush forest, alongside small creeks, and past remnants of the area's coal mining history. The trail features some steep sections, but the rewarding views of the Snoqualmie Valley and surrounding peaks make the effort worthwhile. It's a quiet and scenic hike with a touch of local history.

- 2.2 miles round trip
- 623 feet elevation gain

65034 Mon Mar 10 9am-2:30pm \$28/\$34 NM

Skagit Wildlife, Mount Vernon ♥

Birds abound in the Skagit River Delta where the nutrient rich farmlands and mud flats make an attractive feeding ground. We'll make several stops to try to fill up our bird count sheet and if we're lucky, the snow geese and swans will still be around. Our route takes us through the Skagit Valley daffodil fields to view brilliant yellow and white rows. Don't forget to bring your camera, binoculars and bird books.

- 3 miles round trip
- minimal elevation gain

65032 Mon Feb 10 9am-2:30pm \$28/\$34 NM

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

* Indicates a non-refundable trip

Hikes



Bloedel Reserve* ♥ 🥾

Located on Bainbridge Island, the Bloedel Reserve offers a peaceful and well-maintained hike through diverse landscapes, including forested areas, wetlands, and beautifully landscaped gardens. The easy trails wind through this 150-acre nature preserve, providing a serene and reflective experience. It's a perfect spot for those who want to connect with nature in a tranquil setting.

- 1.6 miles round-trip
- 95 feet elevation

65035 Mon Mar 24 9am-4pm \$40/\$46 NM

Seahurst Park Loop, Burien ♥♥ 🥾

This loop trail takes you through coastal forest and along beach areas, with opportunities to enjoy the area's diverse wildlife, including birds, tide pools, and seals. Seahurst is great for a quick escape to nature without traveling too far.

- 1.8 miles round-trip
- 350 feet elevation

65095 Mon Apr 7 9am-1pm \$20/\$26 NM

Dash Point State Park, Federal Way ♥♥♥ 🥾

This trail takes you through dense forests filled with towering evergreens, moss-covered logs, and vibrant ferns. Along the way, you'll encounter gentle streams, open clearings, and occasional glimpses of Puget Sound. The trail features soft dirt paths and wooden footbridges, creating a serene and scenic experience.

- 3.4 miles round-trip
- 423 feet elevation

65135 Wed Apr 16 9am-1pm \$20/\$26 NM



Mt Si, North Bend ♥♥♥♥♥ 🥾

This iconic trail for experienced hikers offers a challenging climb through dense forests of Douglas fir and hemlock. As you ascend, you'll pass rocky outcrops and switchbacks before reaching breathtaking panoramic views of the Snoqualmie Valley and beyond. It's a popular hike for those seeking a workout and a stunning view at the top, including glimpses of Mount Rainier on clear days.

Come find out why Mt Si is Washington's most popular trail!

- 7.9 miles round-trip
- 3,395 feet elevation

65136 Mon Apr 21 9am-7pm \$35/\$41 NM

Lake Sammamish State Park ♥ 🥾

This flat and leisurely trail meanders through wetlands, open meadows, and along the scenic shores of Lake Sammamish. Perfect for wildlife enthusiasts, the area is home to a variety of birds and small mammals. The wide paths and gentle terrain make it an ideal outing for enjoying nature and socializing with friends.

- 2.5 miles round-trip
- Minimal elevation

65384 Wed Apr 30 9am-3pm \$22/\$28 NM

Outdoor Adventures



Skagit River Eagle Float*

Enjoy a relaxing day with us and a break from holiday hustle. Chum salmon migrate upstream in the Skagit River to spawn and die and the eagles swoop in. We'll stop at the Bald Eagle Interpretive Center and make multiple viewing stops along the river as we head to and from Marblemount. After eagle viewing we'll tour the tulip fields and Fir Island Reserve looking for snow geese and trumpeter swans. We'll stop for lunch on your own.

63437 Tue Jan 21 11am-6pm \$140/\$146 NM

Outdoor Recreation

Winter Recreation



Hyak Sno-Park, I-90



This Sno-Park is great for those who are new to snowshoeing and is a great season kick-off. This is an opportunity to test out gear and enjoy the winter spirit. There are no lodge or equipment rental facilities at this location.

- 1-3 mile round trip
- Minimal elevation gain

62998 Wed Jan 8 9am-4:30pm \$32/\$38 NM

PCT, Stevens Pass Snowshoe



Embark on a winter adventure with our snowshoe trip along a breathtaking section of the Pacific Crest Trail near Stevens Pass. This guided trek will take you through serene snow-covered landscapes, offering stunning views of rugged mountain peaks and pristine alpine meadows. The route features well-trodden paths and highlights the beauty of the Pacific Northwest in its snowy splendor. Join us to experience the tranquility of winter hiking and connect with the natural beauty of this iconic trail.

- 3.5 mile round trip
- 250 foot elevation gain

63002 Wed Jan 22 9am-5pm \$40/\$46 NM

Lake Wenatchee



Located on the eastern edge of the Cascade Range, Lake Wenatchee State Park is a serene destination for snowshoeing in winter. This trail will wind through snow-covered forests and along the shores of the frozen lake. Wildlife sightings, such as deer and snowshoe hares, are common, and the quiet, natural beauty of the area makes it a perfect spot for a peaceful winter hike.

- 2-3.5 miles round trip
- ~100 feet elevation gain

65037 Wed Feb 19 9am-4:30pm \$40/\$46 NM

Snowshoe Essentials

- ✓ hat & gloves
- ✓ whistle
- ✓ ski or hiking poles with baskets for snowshoeing
- ✓ fanny or day pack
- ✓ gaiters
- ✓ extra socks
- ✓ layered clothes
- ✓ sunscreen & sunglasses
- ✓ hand warmers
- ✓ blister prevention and care kit
- ✓ plenty of water and a hot beverage
- ✓ sack lunch
- ✓ a pad to sit on
- ✓ money for bakery stops
- ✓ tissue and/or hand wipes
- ✓ plastic bags for garbage and wet boots
- ✓ cell phone
- ✓ allergy and other personal medications
- ✓ snowshoe: waterproof hiking boots or snow boots

Salmon Ridge, Mt. Baker



Salmon Ridge is a hidden gem for snowshoeing, located off Highway 542 near the Mount Baker-Snoqualmie National Forest. The trailhead here offers easy access to a trail that meanders through dense forests and across open meadows, with stunning views of Mount Baker and the surrounding peaks. The remote location ensures a quieter experience, and the area is often less crowded than other nearby snowshoe destinations. Trip length varies with accessibility.

- 2-4 miles round trip
- Minimal elevation gain

65038 Wed Mar 5 8am-5:30pm \$52/\$58 NM

Cabin Creek, I-90



The Cabin Creek Loop is a popular option, winding through forests of towering trees and offering stunning views of the surrounding snow-covered peaks. With well-maintained trails and the added bonus of being close to Snoqualmie Pass, this area is ideal for those looking for a convenient yet scenic snowshoeing experience.

- 3.5 miles round trip
- 300 feet elevation gain

65036 Wed Feb 5 9am-4:30pm \$40/\$46 NM

LSC Snowshoe Rentals are available for Winter Recreation; \$15 with poles included. Make reservations when you register for your trips.



January Trips

Sign-up ongoing. Ask about current registration availability.

- Jan 10** Wild Lanterns – Woodland Park Zoo
- Jan 14** Bainbridge Island Museum of Art & Pia the Peacekeeper
- Jan 25** Murder Mystery Dinner Theater
- Jan 22** Cirque du Soliel Kooza

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

Museum of Flight* ☺ – ☺☺

Join us for a visit to the largest independent, non-profit air and space museum in the world. With over 175 aircraft and spacecraft, and thousands of artifacts, rare photographs, and exhibits that bring the incredible history of flight to life you'll learn and see a lot. Lunch on your own at the onsite café.

64941 Tue Feb 4 9am–2pm \$33/\$39 NM

Sign-up date: Jan 10

Ride the Link –

UW Women's Basketball* ☺☺

We'll hop on the newest Link Light Rail Extension in Lynnwood for a ride to the University of Washington stop and a brief walk to Hec Ed Pavilion to watch the UW Women's Basketball team take on University of Maryland as they celebrate National Women & Girls in Sports Day. Go Huskies! Link fare on your own. Game tickets included.

64937 Sun Feb 9 11:15am–4:30pm \$36/\$42 NM

Sign-up date: Jan 10

Candlelight Concert* ☺

Candlelight concerts bring the magic of a live, multi-sensory musical experience to awe-inspiring locations like never seen before under the gentle glow of candlelight. Winter dates are added daily and will be selected by sign-up.

64938 TBD \$56/\$64 NM

Sign-up date: Jan 10

Hollywood Winter Warm-Up ☺

Warm yourself up with appetizers or a little lunch and wine tasting on your own in the Hollywood District of Woodinville, WA. Tasting rooms and restaurants are situated closely together in the bustling, walkable corner of this popular local wine country. All food and beverage purchases on your own.

64939 Thu Feb 20 11:30am–3:30pm \$20/\$26 NM

Sign-up date: Jan 10



Trip Registration is by Lottery!

Trips are registered by Lottery. How does Lottery registration work? Numbered chips are handed out in random order in person at LSC between 9am and 9:30am on sign-up day. We begin drawing chips at 9:30am. All numbers will be called. You may register yourself and one other person not holding a chip for all trips available that day. If the trip(s) you want is full we will place you on the waitlist at no cost. Phone-in registration begins when in-person registration ends. Remaining spots will be filled first come, first serve.

- * Please take a moment to look at the Cancellation Policies on page 1.
- ** Non-refundable trips are marked with asterisks *
- *** Some destinations may require a mask. Please carry one with you.

All trips are fragrance-free.

Trips



Penn Cove Mussel Fest

☺☺-☺☺☺

The Penn Cove Mussel Festival is a culinary celebration of the mussels found grown offshore from Coupeville, on Whidbey Island. These tasty mollusks quickly grow in the clean river-fed waters of Penn Cove. Activities at this annual outdoor festival include cooking demonstrations, beer gardens with live music, and plenty of shopping in downtown Coupeville. All food purchases on your own. Boat tour of Mussel farms included.

64942 Sat Mar 8 10am-5pm \$55/\$61 NM

Sign-up date: Feb 14

Skylines & Sculptures* ☺☺

Experience a mix of city skyline and unique art when we visit both the historic Space Needle and iconic Chihuly Garden & Glass in downtown Seattle. Views from the Space Needle observation deck, with a rotating glass floor, stretch from Puget Sound to nearby mountain ranges. Just a short walk away, at the Chihuly Garden and Glass, the indoor galleries and outdoor gardens showcase sculptures by renowned artist Dale Chihuly with two famous destinations in one fun day. You can enjoy lunch on your own at the Armory Food Court.

64955 Tue Mar 11 10am-3pm \$82/\$88 NM

Sign-up date: Feb 14

NW Trek & Trams ☺☺

Experience the awe and wonder of Northwest nature and wildlife up close on a self-guided paved walking path. At this outdoor 435-acre paradise you can spot herds of bears, canines, cats, birds and more. The new electric trams are now running and included in the trip. Bring a lunch or purchase something from the onsite café or eateries throughout the grounds.

64962 Tue Mar 25
9am-3pm \$36/\$42 NM

Sign-up date: Feb 14

Return to the Moisture Festival* ☺

Back by popular request, LSC is returning to this unique performance event in their new location at Broadway Performance Hall. Varieté has roots in the music halls of 19th century England, cabaret in Europe and vaudeville in America. The talented artists currently working in this genre make it fresh, exciting and tremendous fun for you, the audience. Date and time subject to change.

64958 Sat Apr 5 2-7pm \$42/\$48 NM

Sign-up date: Mar 14



Historic Snohomish Walking Tour* ☺☺

Hear stories of hope and hijinks in historic Snohomish, Washington when tour guide Taylor Russell establishes connections between people, past, and place inspired by the town's rich heritage. This is a walking tour on city-maintained sidewalks and includes 21 steps and minimal inclines. We'll have time for lunch and a little free time in town on your own after the tour.

64957 Wed Mar 19
9:30am-3:30pm \$36/\$42 NM

Sign-up date: Feb 14

* Indicates a non-refundable trip



A Raisin in the Sun* – Taproot Theatre ☺

Experience the power of an American classic about a young family in the 1950's and their pursuit of the American dream that "changed American theater forever" (New York Times.) There is no additional food stop on this trip.

64956 Tue Apr 8 1–5pm \$42/\$48 NM

Sign-up date: Mar 14

Port Townsend for the Day

☺ – ☺☺

We'll ferry over to the historic seaport town of Port Townsend for a day of history, browsing the waterfront shops, seeking out good food, enjoying beautiful views and Victorian architecture. Admission to Jefferson County Historical Society Museum of Art & History and the Rothschild House are included in registration. All other purchases on your own. Times subject to change based on ferry schedule.

64960 Wed Apr 9 8:30am–5:30pm \$48/\$54 NM

Sign-up date: Mar 14

Tulip Festival & Street Fair

☺ – ☺☺

It's tulip time! Along with a visit to a Skagit Valley tulip farm or two, we will spend our lunch at the annual street fair in downtown Mount Vernon.

64959 Fri Apr 18 9:30am–3:30pm \$38/\$44 NM

Sign-up date: Mar 14

That's So Seattle*

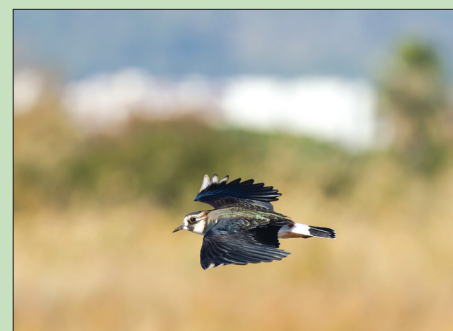
☺☺☺

Spend some time exploring the eclectic shops and vendor booths of Pike Place Market, then meander down the Overlook Walk to Seattle Aquarium and it's newest addition, the Ocean Pavilion. Registration includes entrance to the Aquarium. All food and other purchases on own.

64961 Tue Apr 22 10am–3:30pm \$58/\$64 NM

Sign-up date: Mar 14

Overnight Trip



Wings Over Water Birding Festival Overnight**

Whether you are a seasoned bird lover or a birding novice an unforgettable experience is in store. Join knowledgeable birders from the North Cascade Audubon Society for a variety of possible activities from coastline walks and talks with experts, a birding cruise, and day long Expo at various locations including Blaine Marine Park, Jorgensen Public Pier, Semiahmoo Spit, and Birch Bay State Park. Begin and end your 3-day, 2-night adventure from the comfort of the Semiahmoo Resort. See LSC front desk for a sample itinerary from last year's event. In-room amenities include coffee, mini fridge and microwave. Meals not included but available at various price points onsite.

64943 Fri–Sun Mar 14-16 9am–3pm

Double Room Occupancy
\$290 / \$310 NM per person
2-hr Birding & Wildlife Cruise \$65 optional add-on
Ask at front desk for single supplement
Sign-up date: Jan 10

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

All trips are fragrance-free.

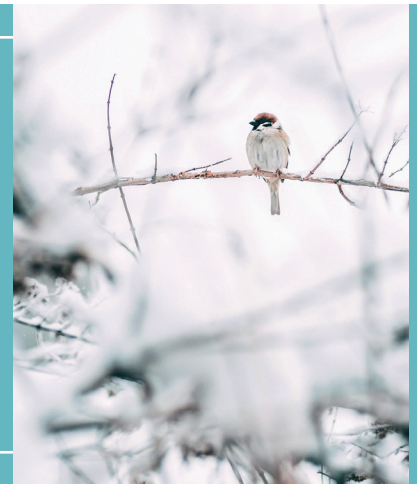
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Celebrate Washington's Winter Birds!

- **The Great Backyard Birdcount Presentation** | January 21
- **Skagit River Eagle Float** | January 21
- **Skagit Wildlife Hike** | February 10
- ***Wings Over Water* Birding Festival Overnight Trip** | March 14-16



Meet the LSC Foundation Board

Find out about the Foundation, who operates it, and what they do with their fundraising money.

TUESDAY,
MARCH 11
1-2 PM
FREE

THE LYNNWOOD SENIOR CENTER WILL BE CLOSED ON THE FOLLOWING:

New Year's Day
JAN 1

Martin Luther King Jr's Day
JAN 20

President's Day
FEB 17