



# Des Moines Normandy Park Activity Center



# Enrich Your Life with Us!



[www.desmoineslegacy.org](http://www.desmoineslegacy.org)



[www.desmoineswa.gov](http://www.desmoineswa.gov)



[www.ci.normandy-park.wa.us](http://www.ci.normandy-park.wa.us)

## Welcome to Des Moines Activity Center

### Des Moines Activity Center Staff



**Patrice Thorell**, Parks, Recreation & Senior Services  
Director

**Sue Padden**, Senior Services Manager

**Charisse Gregory**, Office Manager

**Karna Coyle**, CCS Nutrition Coordinator -M-W

**Aida Martinez**, CCS Nutrition Latino Coordinator-TH

**Eduardo de La Cruz**, Sea Mar Program

### Des Moines Activity Center

Business Hours: Monday-Friday 9am-4pm

Street: 2045 S 216th, Des Moines 206.878.1642

Mail Address: PO Box 98576 www.desmoineswa.gov/seniors

Des Moines, WA 98198

**Meeting & Facility Rentals:** Events & Facilities Coordinator: 206-870-9370

<b>Holiday Closures:</b>	Monday, September 5	Labor Day
	Friday, November 11	Veteran's Day
	Thur/Fri, November 24 & 25	Thanksgiving
	Monday, December 26	Christmas Observation
	Monday, January 2	New Year's Observation

**City Council Resolution #1324 2016** Des Moines City offices and programs are closed the 1<sup>st</sup> Friday of the month.  
Contact staff for alternative class dates and locations.

### 2016 Des Moines City Council

Matt Pina, Mayor

Luisa Bangs Rob Back

Dave Kaplan Jeremy Nutting

Melissa Musser Vic Pennington, Mayor pro-tem

**Interim City Manager: Michael Matthias**

### 2016 Normandy Park City Council

Jonathon Chicquette, Mayor

Mike Bishoff, Mayor pro-tem

Tom Munslow Michelle Sipes Marvin

Susan West Kathleen Waters

John L. Rankin



### 2016 Senior Advisory Committee

L-R

Jeremy Nutting, Des Moines City Council liaison

Jeanne Serrill

Dr. Barbara Reid

Sheila Dahlgren

Jill Martin

John McEvoy

Dorothy Smith, insert to right

Call Sue Padden, 206-878-1642, for information on the committee and when it meets.



### Registration Policies:

Pre-registration is required for all programs unless otherwise stated.

Registration is taken on a first paid basis.

Returned check fee: \$40 (plus 50% surcharge if collection action needed).

### Refund Policy:

When DMPR/SS cancels a program a full refund or credit will be issued.

Refunds, less a \$10 administrative fee, will be granted when requested a minimum of **5 business days prior** to the program/course's start date. The administrative fee will be waived if you opt for a credit to be used for another course/program.

No refunds will be issued for the following:

- Programs costing \$10 or less, Special Events,
- Programs with admission fees purchased in advance.

Medical illness or other extenuating circumstances will be handled on a case-by-case basis. Documentation of the circumstance may be required.

When inclement weather occurs during school holidays, evenings or weekends, call 206-878-1642 (Senior Programs) for information.

Inclement Weather: Refer to the Highline School District Info

School Closed: All programs are cancelled.

School Open/1-hour Late Arrival:

Senior programs prior to 10am are cancelled.

Senior programs held after 10am - call 206-878-1642 for updates.

School Open/2-hour Late Arrival:

All programs held prior to 11am are cancelled.

Senior programs held after 11am - call 206-878-1642 for updates.

**Photo Reminder:** Photographs are frequently taken during our programs and events and used for the City of Des Moines use in marketing and may be used in newsletters, brochures, flyers or online public relations.

**Disclaimer:** This newsletter is for informational purposes only. The City of Des Moines does not endorse any products, programs or services that are presented. Each is responsible for making informed decisions regarding these services, programs or products.

**Des Moines Activity Center** is funded and provides services through the cooperation of the cities of Des Moines and Normandy Park, partnerships with Catholic Community Services, Sea Mar Community Health Services, Sound Generations, and through the generous contributions from our many participants. Thanks!

**Introduction to InterPlay**



We forget our bodies hold wisdom and fun, and if you want to increase your flexibility with gentle movement this class is for you. You will learn how to nourish the connections with your own person and your neighbors. Join long time Interplay leader Patricia Doheny for this fun class. Chairs are available if needed.

Adult Wesley Gardens  
 Thursday, Dec 15 10am-12pm \$7

**Dance for Parkinson-** For adults with movement issues

Stretch and strengthen your muscles, focus on balance and rhythm through many styles of dance and discover how to use your thought, imagination, eyes, ears and touch to control movement.



Funding support from Des Moines Legacy Foundation. To register call 1-877-980-7500.  
 \$5 Suggested Donation DMAC  
 Monday, Sept 12-Oct 31 2-3:30pm

**Senior Drop-in Open Gym FREE**

Normandy Park Recreation Center  
 801 SW 174th Normandy Park 206-248-7603

**Basketball Thursdays 12-2pm**

**Pickle ball/advanced M/W/F 8-10am**



Thank you Normandy Park!



**Medical Lending Self Serve Closet  
 Making a Difference**

Are you slated for surgery and need Medical Equipment such as a bath bench, walker or commode during rehab?

Check out our self-service Medical Lending Closet!

You just might find what you need.

- ◆ Suggested donation requested.
- ◆ Equipment is available for short-term use.
- ◆ Available on a first-come basis.
- ◆ Items are clean when checked out.
- ◆ Items must be returned clean.



Medical Lending Closet  
 Des Moines Activity Center  
 Monday-Friday 9:00am - 3:30pm

We accept clean equipment donations such as transport wheelchairs, shower & transfer benches and commodes.

**Enhance Fitness**

Features fun, dynamic cardio vascular exercise, strength training and a focus on balance and stretching. Gym-type shoes required and water bottle suggested. Expect regular fitness checks.



Co-sponsored by Group Health & Sound Generations.

Instructor: Yu San Gartz, EF certified Field House  
 Tues/Thur/Friday\*

Sept 6-30	8-9am and 9:20-10:20am	\$43
Oct 4-28	8-9am and 9:20-10:20am	\$35
Nov 1-29	8-9am and 9:20-10:20am	\$35
Dec 1- 16	8-9am and 9:20-10:20am	\$26
Dec 19-30	8am only	\$20

\*instead of meeting the first Friday each month, class will meet on these Mondays, Sept 12, Oct 10, Nov 7 and Dec 5.

**Tai Chi**

Intro Tai Chi basic movements with emphasis on the fundamentals and relaxed movements aiding in balance, strength and vitality. Learn beginning Tai Chi patterns from the Standard 24 form. Geared toward students who are new to Tai Chi, but all students, regardless of experience are welcome. Wear comfortable, loose clothes. No class 10/24-26.

Instructor: John Lindsay Beach Park Dining Hall  
 Mon/Wed, Oct 10-Nov 30 11-12noon \$60

**Chair Zumba**



Perfect for active older adults, beginners and others needing a modified routine. Wear comfortable clothes and tennis shoes.

Instructor: Deborah Birrane. DMAC  
 Mon & Wed, Sept 12-Nov 2 10:45-11:45am \$75

**Yoga—Unwind Your Spine**



Start the day with this nurturing, gentle class exploring slow and repetitive movements that allow you to discover more efficient and improved physical functioning. Bring a yoga mat and come unwind!

Instructor: Deborah Birrane. DMAC  
 Mon & Wed, Sept 12—Nov 2 9:30-10:30am \$75

**Sunday Walks!**

Gary McNeil, Des Moines Legacy Foundation, hosts local walks the third Sunday each month at 11am. Fall Walks:

- 8/21 Meet at Redondo-visit Art Sculptures .
- 9/18 Meet at Saltwater State Park-walk the trails.
- 10/16 Meet at Des Moines Marina Fishing Pier-walk to Anthony's, Overlook Park, Beach Park and back to the Marina.
- 11/20 Meet at the Fishing Pier-walk Des Moines Creek Trail, 4.5 miles round trip.
- 12/18 Meet at the Dollar Store, Marine View Drive-See Des Moines local businesses' holiday décor.

**THE GREAT COURSES****new**

Be stimulated by Great Courses Lifelong Learning DVD's featuring a variety of educational and informational topics by the worlds' greatest university professors. Enjoy the pure joy of learning, no homework, no pressure.

Funding support from the Des Moines Legacy Foundation.

Select Wednesdays 1pm DMAC FREE

**Oct 5 Scientific Secrets for a Powerful Memory—1**

Dr. Peter Vishton discusses our prehistoric memory, short and long term memory, why and when we forget, keeping the whole brain in peak condition and reconstruction of the human memory.

**Oct 12 Scientific Secrets for a Powerful Memory-2****Nov 2 How to Stay Fit as You Age-1**

Dr. Kimberlee Bonura begins this six-part series of lectures with aging with optimism. Getting and staying motivated, and self care.

**Nov 9 How to Stay Fit as You Age-2**

Fitness fundamentals, fitness beyond the gym, active daily living and mindful fitness.

**Small Group Computer Workshops**

Free workshops presented by Des Moines Library.

\*Students are encouraged to bring their own devices for hands-on exploration.

**Social Media**

An introduction to today's most popular online communities: Facebook, Twitter, LinkedIn and more.

Wednesday, Sept 7 10am DMAC

**Computer Basics**

Practice the skills needed for using a computer; including using the mouse, selecting items and text, arranging windows, browsing the Internet and library catalog.

Wednesday, Oct 5 10am DMAC

**eBooks**

Discover how to access thousands of FREE eBooks and how to use our public catalog.

Wednesday, Nov 2 10am DMAC

**Get your 12th Man Wreath Raffle Ticket  
At the Front Office:  
Tickets: \$1**

**What Is Islam**

Free

We are hearing a lot about Islam. Join us to learn about Islam and what our Muslim neighbors believe- who is the God they worship, what does Islam teach about killing, destruction, terrorism, what Islam teaches about love, compassion and mercy towards all humans.

Instructor: Yahya Malik

Wednesday, Sept 28

DMAC

1-2:30pm

**Aviation History:****Flying the World in Vintage Airplanes**

Robert & Diane Dempster are founders of the Seattle World Cruiser Association, with the goal of building a reproduction 1924 Douglas World Cruiser & flying a celebration world flight to commemorate the original 1924 flight from Seattle. Enjoy hearing many of their aviation adventures, including a world record nonstop flight from Seattle to Oshkosh, WI.

The Dempsters live their motto:

"Dream Like You Mean It."

Thursday, Sept 29 7-9pm DMAC \$2

**King County Library Mobile Computer Lab**

Adults 50+

FREE

Computer Basics

Up your skills and understanding so you and the mouse can arrange windows, browse the library catalog and navigating the keyboard and screen with ease and proficiency.

Wednesday, Sept 21 10am DMAC Parking lot

**Internet Basics**

Learn to access and navigate the Internet world; to browse and search, find applications, tools and more.

Wednesday, Oct 19 10am DMAC Parking lot

**Senior Dances**

Join us for toe tapping dance music by Randy Litch!  
Adults of all ages welcome.

1-3pm \$5 Admission

August 28  
September 25  
October 23  
See you Feb 2017

Hot Beverages Donated by  
Stafford Health Care



**Watercolor - Ongoing Investigations**

Popular instructor Susan Waite returns for continuing investigations in watercolor; themes, techniques, papers and more. Supply list available at registration.

Tuesday, Sept 20-Nov 15 1-3:30pm  
DMAC \$65



**Spring Bulb Container**

Create a showy container for your front porch. All materials and container provided.

Instructor: Sue Goetz DMAC  
Friday, Oct 21 9:30am \$25



**Creative (CW)/Memoir Writing (MW)**

Join others in taking advantage of Pat's writing expertise and encouragement as you explore your creative side and your memories in writing.

Instructor: Pat Doheny Wesley Gardens  
CW: Thursday, Sept 29-Nov 17 10am-12pm \$47  
MW: Thursday, Sept 29-Nov 17 2pm-4pm \$47

**Poetry**

'Tis the season for wintery observations, joyful memories. Try your hand at creating poetry that captures the essence of this season.

Instructor: Pat Doheny Wesley Gardens  
Thursday, Dec 1-8 10am-12pm \$13



*new class Pat Doheny offers, InterPlay, pg 3.*

**BLUEPRINT FOR LIVING WORKSHOPS**

A series of workshops and presentations designed to enhance your independence. Presentations are Free unless otherwise noted & held at Des Moines Activity Center.

**Medicare Open Enrollment**

Medicare open enrollment begins mid-October. SHIBA offers an unbiased presentation and overview of Medicare.  
Tuesday, Sept 13 1-2:30pm

**Flu Shots**

Staff from Walgreens. Bring your Medicare card with you.  
Wednesday, Sept 21 10am-1pm

**First Response: South King Fire & Rescue**

Gain the knowledge and confidence to act quickly and correctly as the first person at an emergency situation. Learn to effectively communicate with emergency response personnel and how to be of assistance to someone in trouble.  
Tuesday, Sept 27 12:45-1:30pm

**Living Well with Arthritis**

Learn what arthritis is, why we get it and what to do. Best evidence approaches to treating your arthritis will be taught. Leave with a understanding of arthritis and of treatment strategies to keep aging healthy. Presented by Outpatient Physical Therapy and Rehabilitation Services.  
Tuesday, Oct 4 10am

**AARP Smart Drivers**

Brush up your driver safety skills in this classroom workshop. Advanced registration required. Age 50+  
\$15 AARP-member/\$20 non-AARP member payable first day of class to AARP.  
Tu/Wed, Oct 18 & 19 10am-2:30pm

**ORCA Reduced Fare Permit**

Seniors, youth age 6-18, disabled or low income individuals get your ORCA card (not available at the local vendors) and/or add value to your ORCA E-purse or monthly pass.  
Wednesday, Oct 19 1:30am-12:30pm  
Proof of eligibility required: see www.orcacard.com

**MORE BLUEPRINT FOR LIVING WORKSHOPS**

**Metro Transit Instruction Program**

Learn more about using King County public transportation!

**Part-1: In-House Presentation**

Focused on how to ride and navigate the Metro and the Sound Transit Express buses: boarding, recognizing all the information at a bus stop, transferring to buses, problem solving skills while on the bus. Also includes using your ORCA card, paying with cash, using a paper transfer and more.  
Tuesday, October 18 10-11:30am

**Part-2 Community Instructional Outing**

Prerequisite: Part-1.  
Practice what you learned. Escorted trip will provide the confidence and skills to be successful and independent riding the Metro buses. Note: Destination and times will be determined during Part-1 Presentation. Minimum of five participants needed for this outing.  
Tuesday, Oct 25 9:30am- tbd



## 12<sup>th</sup> Man Spirit Wreath Raffle

Raffle at Des Moines Activity Center  
 Celebrate the 2016 Seahawk Season and  
**WIN** this 27" Lighted Wreath

**Tickets: \$1**

Available for purchase at:  
 Des Moines Activity Center  
 2045 S 216th Street

*Proceeds benefit your Des Moines Activity Center Programs & Services.*

## Annual Re-Gifting Holiday Affair

Monday, Nov 28 -  
 Friday, Dec 9

Re-purpose Your "like new" Gifts & Holiday Décor

Contributions Accepted Nov 21

Proceeds benefit DMAC

## Best BBQ of the Season

Join us in enjoying the:

**Des Moines Activity Center**  
 2045 S 216th Street

Friday, October 14, 2016  
 5 — 7 pm

**Tickets in Advance or at the Door**

Adults/Seniors: **\$10**

Children: **\$5**

\*Families: **\$20**

**SPONSORED BY:**



We are changing it up! A mouthwatering BBQ menu replaces the former Spaghetti Dinner!

PULLED PORK, BAKED BEANS, COLESLAW, CORNBREAD & LEMON CAKE

\*Family: 2 adults plus children 12 & under

Sunday  
**Nov. 6**

## Save the Date

The Bayside Brunch is going

## MARGARITAVILLE

Join us from 9:30 am - Noon at Anthony's HomePort for our 17<sup>th</sup> annual champagne brunch and festivities

**\$75 per person**

Proceeds benefit Senior Services and Youth Recreation for the Des Moines community



P.O. Box 13582  
 Des Moines, IA 50319



***Congratulations!  
Dick Body  
Awarded Sound  
Generations'  
Inspire Positive  
Aging Community  
Services Award***

**We Get By With A Little Help From Our Friends,  
Who keep us well stocked: You are appreciated!**

- Kitchen Supplies: Maria Campbell, the Johnsons, the Eliasons
- Garden Help: City Maintenance Crew.
- Medical Lending Equipment: Patti Stein, Dick Anderson, South King Fire & Rescue.
- Mr. Fix It and Build It: Dick Body.
- Building Supplies: Charisse Gregory, Sue Padden.
- Monetary Contributions: Richard Dusenbury, Anna Lidzbarski, John McEvoy,
- Filling Spring Eggs: Normandy Park Senior Living residents. Oh, we think the produce is yummy, thank you gardeners!

*Did you know the Spring Re-Gifting Event raised over \$988 to support DMAC. Can't wait to see what the Holiday Re-Gifting Affair (see page 6) brings.*

*Do check out the fabulous 12th Man Spirit Wreath Charisse Gregory made and donated for our fall Raffle. Do you have your tickets?*

**Thank you for sparkling up our awning and windows!**

**Sunniew View Inc.**  
Steve Lauritsen  
Owner  
**206.963.9113**  
sunniewview@hotmail.com · www.sunniewview.com

Window Cleaning  
Gutter Cleaning  
Pressure Washing  
Commercial & Residential  
Licensed & Bonded

**Scholarships Brings Joy!**

**Need funding assistance to attend our programs?**  
Des Moines Legacy Foundation Scholarships provide funding assistance for eligible Des Moines and Normandy Park Senior Adult residents to attend *many* programs and services offered through Des Moines Activity Center.  
Call 206-878-1642 to learn more.



**Great travel opportunities, Don't Miss Out!**  
hosted by the Washington State Association of Senior Centers and *your* Des Moines Activity Center!  
**DID YOU KNOW...**  
A portion of the proceeds benefit your own Senior Center!

**South Pacific Wonders** new  
February 7-21, 2017  
\$5,999/ppdo \$7,119/single \$5,949/triple

Highlights: Cairns, Great Barrier Reef, Sydney, Sydney Opera House, Christchurch, Mt. Cook Nat. Park, Queens-town, Milford Sound, Arrowtown.

Price includes roundtrip airfare, air taxes & fees, hotel transfers. 15-days, 19-meals (12 breakfasts, 2 lunches, 5 dinners).

*Call Des Moines Activity Center for more info: 206-878-1642*



**Mariners Spring Training Trip 2017**  
Week-1: March 15-22 Week-2: March 22-29  
\$1,599/ppdoz \$2,099/single \$1,449/triple  
Both weeks for \$2,649

Highlights: Round trip air from Seattle to Phoenix, 7 nights at Windmill Inn in Sun City West, buffet breakfast every morning, 5 game tickets, hotel transfers, group events, 10th man fan shirt and baseball cap.

**\$200 deposit** **Final Payment Feb. 1, 2017**  
Flyers available at Des Moines Activity Center.

**Save the Date!**  
*Mariner Fan Day & Catalyst Spring Training Trip Info*  
**Tuesday, Sept 20 11:30am DMAC**

**RETIREMENT COMMUNITIES | HOME HEALTH SERVICES**

**I'm relieved dad is so happy!**

**Watch the full story at DadIsHappy.com**

Maintenance-free living with a variety of home styles and supportive services to meet your needs.

816 S. 216th St. + Des Moines, WA 98198  
206.824.5000 + desmoines.wesleyhomes.org



**Crystal Mt. Gondola**      **Mt Rainier**  
Gondola ride, great views. .  
*Wednesday, Aug 24*      *8:30am-5pm*  
Limited space available      *\$36*

**Roslyn Cemetery**

**Roslyn**

Clustered on 15 wooded acres since 1887 the Roslyn Historical Cemetery has at least 24 nationalities represented within the nearly 5,500 graves. It is listed on the National Historic Register. No-host lunch at the Brick Saloon.  
*Wednesday, Sept 7*      *8:30am-4:30pm*      *\$25*



**Pigs Peace Sanctuary**      **Stanwood**  
We're returning to a favorite...this wonderful sanctuary for abused and abandoned pigs. No-host lunch. *\$17*  
*Wednesday, Sept 14*      *8:45am-5pm*

**Issaquah Salmon Hatchery**

Watch the salmon return to spawn, learn about their life cycle and view native plant garden and wetlands. No-host lunch at the 12<sup>th</sup> Avenue Café. Wear Closed-toe shoes and warm clothes.

*Wednesday, Sept 21*      *9:15-2pm*      *\$12*

**Oktoberfest Lunch Cruise**      **Seattle**

Experience Oktoberfest on a Waterway Cruise yacht without traveling to Europe. Enjoy authentic German cuisine and learn more about the history of Oktoberfest.

*Wednesday, Sept 28*      *10:15am-2:30pm*      *\$70*

**Stillaguamish Valley Pioneer Museum**      **Arlington**  
Pioneer items from the Stillaguamish River Valley; household, logging, military, railroad, transportation and more. No-host at Nutty's Junkyard Grill after the museum.  
*Wednesday, Oct 5*      *9:15am-5pm*      *\$17*

**Sea of Green Marijuana Farm**      **North Seattle**

By request, a tour of a small indoor farm to learn about medicinal marijuana and how it grows. No-host lunch at Chinooks, Fisherman's Terminal.

*Wednesday, Oct 12*      *9:45am-3pm*      *\$11*

**Remlinger Farms**      **Carnation**

October is the best time for a fall harvest of fruit, vegetables, baked items and to see the Northwest Craft Showcase. No-host lunch at the Country Kitchen Restaurant.

*Wednesday, Oct 19*      *9am-4pm*      *\$12*

**Sister's Back to School Catechism**      **Tacoma**

Sister prepares her classroom for the tricks & treats of a long year of Catechism. Enjoy how to build a Catholic appropriate costume and Sister's classroom shenanigans!

*Sunday, Oct 30*      *2-6pm*      *\$45*

**History of Seattle Lunch Cruise**      **Seattle**

Explore the history of the Pacific Northwest while indulging in an extraordinary lunch of the chef's favorite dishes and flavors of Seattle's Pike Place Market aboard this beautiful Waterways Cruises yacht.

*Wednesday, Nov 9*      *10:15am-2:30pm*      *\$70*

*More trips , next page!*



**Trip Information & Policies**

**Trip Fee:** Includes event admission, transportation and escort expenses unless otherwise noted.

**Trip Registration:** Registration is taken on a first paid basis.

**Wait List:** Cancellations are filled *only* from the waiting list!

**The Trip Times reflect the actual departure time and the estimated return time.**

*We advise you check in 15-minutes prior to departure . The bus does not wait for late travelers.*

*We reserve the right to revise departure times and will notify you a minimum of 24 hours in advance—please make certain we have your correct phone number -one that receives messages.*

**★ Trip Cancellations, Refunds and Credits:**

A full credit/refund will be issued if DMAC cancels a trip.

Requests for refunds *or* credit must be received **5 business days prior to the trip date.**

Refunds are subject to a \$10 processing fee.

No refunds will be issued for trips costing \$10 or less, or for trips where the admission fee was purchased in advanced.

Please refrain from using fragrant personal-care products , those with sensitivities appreciate your consideration.

**Special Requirements:** Participants needing special assistance must have a companion, willing and able to provide the required help, also sign up for the trip. Wheelchairs are available to take on trips. Hosts and drivers are *not* available to push wheelchairs.

**Parking:** DMAC is not responsible for cars left in our parking lot.

**An Evening with Garrison Keillor**

**Seattle**

Offering insight and stories from his journey as one of America's greatest storytellers, Keillor captivates audiences with his unique blend of comedy, charisma and wisdom. He is best known for his popular live radio variety show, *A Prairie Home Companion*.

Tuesday, Nov 15 6-10pm \$67

**Highline College Marine Science & Technology Center**

Expand your knowledge of the Puget Sound marine life, viewing 250+ species at this marine biology and aquarium center in Redondo. Experience the thrill of two "touch" tanks and life "under the sea". No-host lunch at Salty's. Fee includes admission donation.

Thursday, Dec 1 9:45am-1:30pm \$13

**Annual Coat Factory Outlet Sale**

**Tacoma**

The 1-day shopping spree for fabulous "Item House" coats at fabulous discount prices! Men's, women's, and children's, casual, dressy & more. No host lunch at BJ's Brewery. Note: date may change.

Friday, Dec 2 9:30am-2pm \$10

**Spanaway Fantasy Lights**

Enjoy this 2-mile scenic drive around Spanaway Lake to see the Northwest's largest drive-thru holiday light display; warm and toasty in our heated, comfortable buses. No-host dinner prior to the tour at Cottage Café.

Tuesday, Dec 6 4:30-9:30pm \$13

**Gingerbread House Village**

**Seattle**

Wander through the incredible exhibit of Gingerbread Houses at the Seattle Sheraton, then walk to Westlake Mall for lunch, shopping and holiday décor.

Wednesday, Dec 14 9:30am-4pm \$11

**Horticulture Outings**

Explore lush and varied Northwest gardens and nurseries. The \$10 transportation fee does not reflect a no-host lunches or garden admission fee.

Depart 9:30am unless otherwise noted.

Fridays		Destination
Sept 16 9:30am	\$10	Seattle Japanese Garden, Lunch at IHOP
Dec 16, 10am	\$35	Old Goat Farm Holiday Tea, Orting

 Spring Bulb Planting Workshop, see pg 5

**Out To Lunch-Fridays**

Transportation Fee: \$10

Enjoy no-host dining at northwest restaurants.

Departures: 10-10:45am

Return: 2:00pm

Sept 9	Wild Fin American Grill, Tacoma
Oct 21*	Palisades, Seattle
Nov 18*	McMennamin's, Bothell
Dec 9	Soul Southern Food, Tacoma
Jan 13	Cincinnati Chili Parlor, Tacoma
*	2nd Friday holiday or special event conflict

**Golf Outings**

Enjoy playing 9 holes on Puget Sound courses.

Transportation provided, or meet at the course. Players draw to determine playing partners & tee position

Age 50+

\$10 transportation fee

Departures: 8 or 8:30am

Return time varies

Monday	Course	Green Fee
Sept 12	Lipoma, Puyallup	\$16
Sept 26	Kenwanda, Snohomish	\$20
Oct 10	Allenmore, Tacoma	\$15




First, thank you for the contributions you have made to support the youth in our community through the annual Back to School Drives. This year the Back to School Resource Fair, supported by Des Moines businesses, services, individuals and city government organizations, assumed that role help 500 students and their families. So this year, Des Moines Activity Center will not collect back to school supplies or snacks.

**But Wait!** With your help, Des Moines Parks and Recreation is launching a **STS Drive (Soap, Toothpaste & Shampoo Drive)** to support the Des Moines area Food Banks and Auburn Youth Resources efforts to support those in need. *See Details below, and Thank You!*

**Adult Coloring Book**

Remember the pleasure of coloring? Coloring is *back* in a *big* way! Join us Wednesday's with your coloring book!



**Weekly Activities**

Monday	Wii Games & Sports	10am—1:30 pm
Monday	Hand & Foot Cards	1-4 pm
Tuesday	Wii Games & Sports	10am—1:30 pm
Tuesday	Mexican Train Dominos	1-4 pm
	Artists "R" Us &	
Wednesday	Coloring Book Club	9—11:30 am
Wednesday	Wii Games & Sports	10am—1:30 pm
Wednesday	American Mah Jongg	12:30-3 pm
Fridays+	Pinochle	1-4 pm
Fridays+	Duplicate Bridge**	10am-2:30 pm
Fridays+	Hand & Foot Cards	1—4 pm

*\*\*Pre-registration Required, call 206.878-1642*

*+ 1st Friday alternative locations: Call 206.878-1642 for details.*

*Holiday Giving*



2016

Soap

Shampoo

Toothpaste



*Drive*

Help support our neighbors in need.

Your STS donations will go to

Des Moines Area Food Bank & Auburn Youth Resources

Drop off Your Donation at:

Des Moines Activity Center or Des Moines Field House

November 1 - December 10, 2016

LAW OFFICES OF

REGIEMBAL, MCDONALD & YOUNG, PLLC

612 S. 227th Street  
Des Moines, WA 98198

Phone: 206-212-0220

Fax: 206-408-2022

Website: [desmoineselderlaw.com](http://desmoineselderlaw.com)

SEATTLE SYMPHONY

COMMUNITY CONCERT

Program

Conductor:  
Pablo Rus Broseta

Camille Saint-Saëns  
..... Danse macabre, Op. 40

Maurice Ravel  
..... Le Tombeau de Couperin

Otar Gordeli  
..... Concerto for Flute and Orchestra, Op. 8  
feat. young artist Zoe Sheill, flute

Nikolai Rimsky-Korsakov  
..... Capriccio espagnol, Op. 34

Des Moines Beach Park Auditorium  
22030 Cliff Ave S

Sunday, October 23rd, 2016

12pm - 1pm

Pre-concert activities will include guided instrument exploration and a children's musical craft starting at 11am

Concert is FREE, no ticket required



Photo by Jenny Crooks

Community Concert Partners





**Sea Mar Community Health Centers operate a Nutrition/Socialization program for Latino Seniors 60+.**

Thursdays 9:30am-1:30pm DMAC

Contact Sea Mar Community Health Centers for more information: 206-766-6595



**WHY EAT ALONE?**

*When you can enjoy fall special meals with others!*

*Lunches served Monday-Thursday!*



Wondering what's cooking?  
Download the monthly menu from the city's website:  
[www.desmoineswa.gov/seniors](http://www.desmoineswa.gov/seniors).

**Special Meals For Special Times**

*Suggested donation \$3/ adults age 60+*

**Latino Independence Day**

Thursday, September 15 11:30am

**Mariner Spring Training Lunch-Trip to AZ details.**

Tuesday, September 20 11:30am

**Halloween Celebration-Ghoulish Grub & Costumes galore!**

Monday, October 31 11:45am

**Day of the Dead-Honor & Celebrate those who have passed.**

Thursday, November 3 11:45am

**Veterans Day Honors-We Honor our Veterans.**

Thursday, November 10 11:45am

**\*Reservations Recommended**

**\*We Give Thanks Luncheon**

Wednesday, November 16 11:45am

**\*Holiday Celebration-Santa, Songs and a Super meal!**

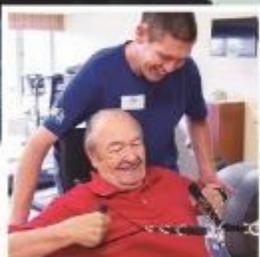
Thursday, December 15 11:30am

**New Year's Eve Brunch-Dress to Glitter 'n Glow!**

Thursday, December 29 11:45am



Thank you  
**STAFFORD HEALTHCARE**  
For contributing door prizes  
for our special meals!



**Life just looks better from here.**

You'll find few places offering you possibilities for creativity, action and involvement all at one community. Fewer still that offer all levels of living - also at one community. When found together, that's Judson Park, the sound choice for senior living. Who we are is as much a part of our fabric as what we are:

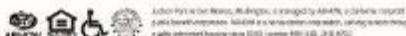
- Residential living for independent-minded people seeking a strong sense of community
- Short-stay rehabilitation and respite programs - open to the general public through direct admission
- On-site assisted living, memory support and long-term nursing care
- A robust, opportunity-rich lifestyle for those who aspire toward successful aging
- Accredited by CARF-CCAC for meeting strict national standards for quality services - less than one in five communities can say this

Look at life from a Judson Park point of view.

Start by calling 1-866-808-8850 or visiting [ExperiencesJudson.com](http://ExperiencesJudson.com).



23600 Marine View Drive South  
Des Moines, WA 98150  
1-866-909-8850  
[ExperiencesJudson.com](http://ExperiencesJudson.com)



**Your DMAC Fall Wish List**

- Plastic Forks & Spoons
- Small & large (heavy duty) paper plates
- Easy Pour Creamer
- Kleenex—individual size
- Individually Wrapped Tea Bags
- Hot Cocoa Packets
- Coffee-drip grind—Regular & Decaf
- Hand Lotion (pump)
- Travel size Soap / Shampoo / Toothpaste

*Thank You*



DES MOINES  
 ACTIVITY CENTER  
 2045 S. 216th  
 PO BOX 98576  
 DES MOINES, WA 98198



Join us in enjoying the:

# Best BBQ of the Season

**Des Moines Activity Center**  
 2045 S 216th Street

Friday, October 14, 2016  
 5 — 7 pm

**Tickets in Advance  
 or at the Door**

Adults/Seniors: **\$10**  
 Children: **\$5**  
 \*Families: **\$20**

**SPONSORED BY:**





We are changing it up! A mouthwatering BBQ menu replaces the former Spaghetti Dinner!  
 PULLED PORK, BAKED BEANS, COLESLAW,  
 CORNBREAD & LEMON CAKE

\*Family: 2 adults plus children 12 & under

**Annual Re-Gifting Holiday Affair**  
 Monday, Nov 28-Friday, Dec 9

Re-purpose "like new" Gifts & Holiday Décor  
 Contributions Accepted Nov 21  
 Proceeds benefit DMAC

## 12<sup>th</sup> Man Spirit Wreath Raffle



Celebrate the 2016 Seahawk Season  
 and **WIN** this 27" Lighted Wreath

**Tickets: \$1**

Tickets at  
**Des Moines Activity Center**  
 2045 S 216th Street  
*Proceeds benefit Des Moines Activity Center.*

**Drawing**  
**Friday, October 14 @ 6pm**  
**Need not be present to win!**