

Senior Lifestyles



FREE
Spring/Summer 2017

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Keep moving with fun, easy hikes

Everett Parks and Recreation offers the following hikes and walking trips for reasonable transportation and guide fees. These hikes are easy and gentle for senior citizens.

To register, please call 425-257-8300 ext.2 or visit www.signmeup.everettwa.gov with the codes listed for the hikes that are of interest to you.

• **Lake Sammamish: June 23** ~ Discover great urban walkways that lead from Emily Darst Park to Issaquah to the shores of Lake Sammamish. Follow a greenbelt along Issaquah Creek, see the historic Pickering Farm, and look for the heron rookery in the state park. Round trip is 3-4 miles with minimal elevation gain. \$32 fee (adults only). Code # 94491

• **Newhalem Trails: June 25** ~ Enjoy a breathtaking waterfall and majestic forests along the Skagit River as you explore several relaxing trails in the Newhalem area. Total hiking is 4 miles with 400 foot elevation gain. \$49 fee. Code # 94507

• **Big Four Ice Caves Picnic: June 29** ~ The huge north wall of Big Four Mountain is a sight to behold! Learn about the region's history and enjoy the rugged ice caves area from a safe distance. After the short hike, everyone will be treated to a BBQ lunch at the picnic area. Round trip is 2.5 miles with 200 foot elevation gain. \$39 fee (adults only). Code # 94497

• **Ruby Arm/Ross Lake: July 7** ~ Traverse through a narrow canyon that leads to a beautiful overlook above Ross Lake. Round trip is 6 miles with 700 foot elevation gain. \$51 fee. Code # 94510

• **Tonga Ridge: July 10** ~ Cruise along this mellow, high-ridge trail and delight in wildflower meadows with grand views of the Skykomish area. Round trip is 5 miles with 500 foot elevation gain. \$44 fee. Code # 94512

• **Rasar & Rockport: July 11** ~ These two state parks provide easy trails. Surround yourself with majestic forests and valleys along the mighty Skagit River. \$39 fee (adults only). Code # 94492

• **Bench & Snow Lakes: July 16** ~ This relaxed day in Mt. Rainier National Park features two sparkling lakes and scenic stops around the park. Round trip is 4 miles with 700 foot elevation gain. \$51 fee. Code # 94515

• **Lincoln Park: July 24** ~ Stroll along Lincoln's picturesque waterfront and through rustic Camp Long in west Seattle. Round trip is 3-4 miles with an elevation gain of up to 150 feet. \$34 fee (adults only). Code # 94493

• **Ebey's Landing: July 29** ~ Ebey's Landing offers awesome views of the water, mountains and beaches on the west coast of Whidbey Island. Adults \$52, Seniors 65+ are \$49. Round trip is 4 miles with 300 foot elevation gain. Code # 94519

• **Paradise Valley: Aug. 1** ~ This 800-acre park in south Snohomish County features miles of multi-use trails through forests and wetlands. Total hiking is 3 miles with 200 foot elevation gain. \$32 fee (adults only). Code # 94494

• **Green Lake: Aug. 11** ~ Enjoy urban wildlife as you walk the wide, graveled path around the lake. Total walking is 3 miles with minimal elevation gain. \$32 fee (adults

only). Code # 94495

• **Baker Lake: Aug. 13** ~ Hike alongside a large reservoir with views of the mighty volcano. Round trip is 7 miles with 400 foot elevation gain. \$46 fee. Code # 94523

• **Sauk River: Aug. 15** ~ Explore this nearly level trail near Darrington that runs through old



Paradise Valley

photo courtesy of Craig Romano

growth forests and alongside a wild, scenic river. Round trip is up

See *HIKES* on page 5

Sorticulture, Everett's Garden Festival



So what is the Sorticulture Garden Festival? It's part art, part horticulture – where art and nature are partnered perfectly in a three-day festival that celebrates all the possibilities of outdoor living. The Sorticulture Garden Arts Festival will showcase artists presenting a variety of hand-crafted, locally-made garden em-

bellishments, and specialty nurseries presenting a wide array of rare and unusual plants.

Sorticulture features art for the garden handmade from metal, glass and more. Fountains, trellises, birdhouses, sculptures, lanterns, ceramics and pottery and mixed media outdoor art are just some of the treasures to discover.

Sorticulture will feature some of the Northwest's most noted garden personalities including Ciscoe Morris, demonstrations, kids' activities, live music, wine garden, food fair and hundreds of ideas to create your own beautiful outdoor environment.

The festival will be held June 9, 10 a.m. - 7 p.m., June 10, 10 a.m. to 6 p.m. and June 11 10 a.m. to 4 p.m. at Legion Memorial Park in Everett, 145 Alverson Blvd. at West Marine View Drive.

The annual Arboretum Plant Sale will be June 17 from 10 a.m. to 5 p.m. Find extraordinary deals on plants and get great advice about plant choices, care and maintenance.

For more information and schedule visit www.everettwa.org.

July 4 cruise

Take a cruise into Port Gardner Bay for the best view of Everett's 4th of July fireworks show. Enjoy refreshments, wildlife viewing and sunset over the bay until the real entertainment starts between 10-10:15 p.m. Then sit back as fireworks rocket from the water and dazzle right above you. Refreshments include appetizers, dessert and soft drinks.

Transportation leaves the Recreation Office at Forest Park at 8 p.m. Cost is \$35. Call Everett Parks and Recreation to register at 425-257-8300 ext. 2 with code # 94643.

Plant Sale, Spring Bazaar and Bake Sale



On Saturday, May 13, the Monroe Garden Club will hold its annual plant sale, and the East County Senior Center will hold a spring bazaar and bake sale. These events will be held at the East County Senior Center, 276 Sky River Parkway in Monroe.

The plant sale will be from 9 a.m. to 2 p.m. in front of the senior center. Vegetable starts and an assortment of perennials will be offered. Payment methods are cash

or check only.

The proceeds from the plant sale will provide for a scholarship that will be awarded to a high school senior going into the horticultural field, and it also funds several community beautification projects.

For more information about the plant sale, please contact Sandra Stubbins, 360-794-5171 or Jeannette Susor at 360-863-6160.

The East County Senior Center Spring Bazaar and Bake Sale will be held inside the center, also from 9 a.m. to 2 p.m. on May 13. Proceeds will be utilized to benefit senior center activities. For more information about the spring bazaar, call the East County Senior Center, (360) 794-6359.

Snohomish boasts a beautiful Senior Center

The Snohomish Senior Center is a lovely 6,000 square foot building that cost \$1.5 million in cash to build, not counting the hours of pro bono labor that went into the project.

The City of Snohomish offered the space the nonprofit center sits on under a free 30-year lease, receiving the building after the lease is up.

Today, more than 300 seniors enjoy the center and there are more than 45 different programs available, including a Community Pancake Breakfast the first Saturday of each month and entertainment the fourth Tuesday of each month.

This facility is a wonderful venue for events such as weddings, meetings, gatherings of most any kind. The facility includes a great room, two meeting rooms and a

complete kitchen.

The center is located at 506 Fourth Street and is a wonderful asset to the community.

Visit www.snohomishcenter.org for more information.

Upcoming Events

Community Breakfast April 1; Bingo Bonanza April 1; Spring Bazaar April 8; Community Breakfast May 6; Bingo Bonanza May 6; Spring Tea Party May 13; Community Breakfast June 3; Bingo Bonanza June 3; Snohomish Wedding Tour (registration/check-in location) June 4; Community Breakfast July 1; Bingo Bonanza July 1; Community Breakfast Aug. 5; Bingo Bonanza Aug. 5; Murder Myster Dinner Aug. 12; Community Breakfast Sept. 2; Bingo Bonanza Sept. 2; Bingo, Brats and Brews



The Snohomish Senior Center is a great gathering place for senior citizens as well as a nice venue for weddings, birthdays, anniversaries, etc.

Sept. 16; Health Fair Sept. 23; Community Breakfast Oct. 7; Bingo Bonanza Oct. 7; BrewFest Nov. 3-4; Community Breakfast Nov. 4; Bingo Bonanza Nov. 4; Holiday Bazaar Nov. 18; Community Breakfast Dec. 2; Bingo Bonanza Dec. 2; Holiday Tea Dec. 16; New Year's Eve Dance Dec. 31.
Events subject to change.

Hikes

continued from page 3

to 5 miles with minimal elevation gain. \$39 fee. Code # 94524

• **Deception Pass Tripleheader: Aug. 20** ~ Take three short hikes to sample the charms of this gorgeous seashore area. Goose Rock, Rosario Head and North Beach all within a relatively easy, relaxed-pace day. Round trip is about 5 miles with 400 foot elevation gain. \$42 fee. Code # 94525

• **Sunrise Ridge: Aug. 25** ~ Get maximum views for minimal effort on this mile-high Hurricane Ridge trek in the heart of the Olympics. Registration includes ferry fee. Round trip is 4 miles with 700 foot elevation gain. Adults \$63 fee, seniors 65+ are \$59. Code # 94526

• **Franklin Falls: Aug. 26** ~ Enjoy this short hike through a forest full of massive trees to a fun spot not

far from I-90 and Snoqualmie Pass. The 70-foot waterfall kicks out a cooling spray and has shallow pools at its base that are perfect for playing in. Round trip is 2 miles with 200 foot elevation gain. \$38 fee. Code # 94527

• **Camano Ridge: Aug. 30** ~ Discover a peaceful area of forest trails on 400 acres in the middle of Camano Island. Round trip is 2-4 miles with 100-400 foot elevation gain. \$32 fee (adults only). Code # 94496

• **Bagley Lakes: Sept. 5** ~ Enjoy this breathtaking area near Mt. Baker on an easy, relaxed-paced hike that sticks to the gentlest trails. You'll see sparkling streams, wildflowers, wildlife and unsurpassed mountain views along the way. The day will also include short walks to Picture Lake and Artist Point. Total hiking is 3



Franklin Falls

miles with 300 foot elevation gain. \$46 fee. Code # 94531

• **Elliot Creek: Sept. 7** ~ Enjoy the sounds of this cascading creek and marvel at mighty old growth trees. Elliot Creek is the lower portion of

the longer trail to Goat Lake, but on this relaxing day, take it easy and leave the lake to the more ambitious groups. Round trip is 5 miles with 500 foot elevation gain. \$42 fee. Code # 94533

Dream On ... make some of them come true

**By Jane Meyers-Bowen MN
Garden Court Retirement**

Bucket Lists! We all have one. You may have 3 or 30 things on your list. These are important things that you want to do or experience before you move on from this life. Have you longed for an experience so long that you are ready to give up on accomplishing it? I say, "Don't give up. Many things are possible."

Seven residents who live at Garden Court, married during the war years and post war years, had always dreamed of a white wedding. When funds were limited, many forfeited the experience. Now decades later, these women have lost their husbands. But that dream was still alive. And yes, their dream came true!

In the company of their family and friends, each of these brides was escorted down the aisle. After enjoying traditional music and ceremony, they shared their joy at a reception, eating wedding cake and toasting to the love in their lives.

The gowns were loaned by staff members and bridal departments of stores. Special hair and make-

up sessions contributed to the excitement. Resident family members, residents and staff served as escorts down the aisle. And of course, photographers were there ready to capture the moment. It's hard to explain what happened but everyone walked away changed! Everyone felt a little more hope and excitement about what life would bring tomorrow.

Jung wrote about the stages of adult life. The first stage is focusing on our duty to family and community. Stage two is where we focus on our duty to our own soul. With the shedding of what is over and attending to our interior life, we can start to live the unlived life. We become.

As we start to let go of large family homes, neighborhoods, relationships, and roles we fear there is nothing left. But what can emerge is a Self that is whole, strong and fully alive. Huffington in her book, *Thrive*, speaks of the second part of life as a time of "redefining success and creating a life of well-being, wisdom, wonder and giving" vs the pursuit of money and power. William Martin, author of *The Sage's Tao Te Ching*, *Ancient Advice for the Second*

Half of Life, calls for a new model of aging. Rather than being "gray-haired teenagers" still pursuing "illusory gusto of youth" or just growing older and waiting to die, we find the courage to seek a deeper self.

Grandma Moses, a self-taught artist who didn't start her career as a painter until her 70's, serves as a great model. Her motivation was not in the pursuit of money and power

but to tell the story of a rural New York farm wife and celebrating the daily lives of farm communities which was close to her heart.

Finding your voice, taking a stand, or establishing a way to touch the world in a new way provides the map to a larger life than what shows up on your resume. Success defined as money and power is no longer even of



interest. Finding the perfection in imperfection and freeing yourself from competing with others and moving to serving of others. Or fighting for the good of all.

Come visit us at Garden Court... where Retirement Living Comes Alive! Call today to schedule lunch and a tour, 425-438-9080. For more information go online at www.gardencourtretirement.com.

Senior Day at Jetty Island August 16

Jetty Island, located 1/4 mile off of the Everett waterfront, is a jewel to all who visit its sandy beaches, a rarity in the Pacific Northwest. Visitors often speak of Jetty Island's untouched natural beauty. Two miles of continuous sandy beaches and shallow



waters make the water warm enough for any swimmer to enjoy.

Senior Day on the Jetty will be August 16 from noon to 3pm. Seniors can enjoy a day of special activities, including nature walks, Jetty Bingo and refreshments. Bring along a lunch, a hat, an umbrella, sunglasses and sun screen!

The free ferry will depart at 10am, 10:15am, 10:30am and 10:45am to get you to the Jetty prior to the activities. The 10th St. Boat Launch is located at 10th St. and West Marine View Drive on Everett's waterfront.

For more information call (425) 257-8304.

Become a Beach Watcher

Snohomish County WSU Beach Watchers work on a broad range of projects, allowing each of them to find the ones that meet their diverse interests in their own communities. Projects range from doing beach



interpretation of critters at local parks during low tides to water quality sampling to organizing public seminars.

Sign up to become a Beach Watcher by contacting Chrys Bertolotto at (425) 357-6020, chrys@wsu.edu or visit www.beachwatchers.wsu.edu/snohomish



Get out and enjoy a day of fun!

The list of fun day trips listed below include trips offered by: Snohomish Senior Center, 506 Fourth St., Snohomish; East County Senior Center, 276 Sky River Parkway, Monroe; Mill Creek Senior Center, 15720 Main St., Ste. 210, Mill Creek; Stillaguamish Senior Center, 18308 Smokey Point Blvd., Arlington; and Everett Parks and Recreation, 802 E. Mukilteo Blvd., Everett. The trips are offered for a small fee for transportation and guides.

• **Holocaust Center for Humanity: May 3** ~ This Museum is a moving tribute to the millions of Jews who lost their lives in the Holocaust. You'll hear the stories of refugees, lost children, camps survivors and a U. S. soldier liberator at Buchenwald. Stop for lunch on your own at a downtown Pub, before heading home. \$15 members, \$30 non-members. Northshore Senior Center, 425-487-2441.

• **Average Joe Cat Show: May 6** ~ The everyday house cat or kitten has the chance to win the distinction of "Cutest Cat in a Box" or "Grumpiest Cat," etc. The event includes vendors featuring cat food/treats, toys and cat-themed merchandise. After the

show, stop in Shoreline for lunch (on your own). \$7 members, \$14 non-members. Mill Creek Senior Center, 425-948-7170.

• **Friday Harbor: May 9** ~ Take the ferry through the San Juan Islands to Friday Harbor. Unique shops, whale museum, art galleries, bakeries and lunch spots. Ferry fee is \$6.60 for ages 65 and over, \$13.25 for those under 65. \$15 members, \$20 non-members. Stillaguamish Senior Center, 360-653-4551.

• **Progressive Lunch: May 10** ~ Sample three eateries in Everett. Stop #1 - Appetizers, Stop #2 - Main Dish, and Stop #3 - Dessert. Trip fee includes all food/drink, taxes and tip at Stops #1 and #3. You are just responsible for purchases at Stop #2. \$26 members, \$52 non-members. Mill Creek Senior Center, 425-948-7170.

• **Terracotta Warriors: May 11** ~ Guards for Eternity features artifacts from the First Imperial Dynasty of China. It is a joint project between Pacific Science Center and the Franklin Institute. This special tour is limited to just Seattle and Philadelphia. Start with the IMAX (Mysteries of China 2D), then break for lunch on your own. After lunch, tour the Warrior's exhibit, before heading home. \$44

members, \$88 non-members. Northshore Senior Center, 425-487-2441.

• **Red Hook Brewery: May 18** ~ The trip begins with a great lunch (on your own) in Woodinville at a local café.

Next enjoy a public guided tour of the brewery. \$13 members, \$26 non-members. Mill Creek Senior Center, 425-948-7170.

• **Kyoto Japanese Steakhouse: May 19** ~ Restaurant features



Snoqualmie Falls

Teppanyaki chefs cooking tabletop (lunch on your own). \$4 members, \$8 non-members. Snohomish Senior Center, 360-568-0934.

See DAY TRIPS on page 10

Day Trips

continued from page 8

• **Lunch & Horses: May 21** ~ The restaurant at Rhodes River Ranch in Arlington is like no other! Perched above a spectacular horse arena, you can enjoy your lunch and watch Dale Offerman and his Nokota Mustang horses work out in the state-of-the-art arena. Lunch on your own. \$20 members, \$30 non-members. East County Senior Center, 360-794-6359.

• **Meowtropolitan Cat Café: May 23** ~ The trip fee includes a complimentary beverage and 50 minutes of interactions time with the resident kitties. There will be a stop at a mall food court following the visit for lunch on your own. \$23 members, \$46 non-members. Mill Creek Senior Center, 425-948-7170

• **Kangaroo Farm: May 26** ~ Interact with kangaroos and exotic animals at the Outback Kangaroo Farm in Arlington. Also take a tour of the Stillaguamish Valley Pioneer Museum. Farm entry fee is \$8, museum entry fee is \$5. \$10 members, \$15 non-members. Stillaguamish Senior Center, 360-653-4551.

• **Jet City Improv & Dinner: June 1** ~ William Shakespeare is not finished. In this theatrical

production the show is determined by audience suggestions regarding the storyline, character descriptions/foibles and then the talented actors perform your play in Iambic Pentameter. Get ready to laugh your socks off! Eat before the show at a nearby Greek themed restaurant (on your own). \$24 members, \$48 non-members. Mill Creek Senior Center, 425-948-7170.

• **Whale Watching Cruise: June 6** ~ June is peak season for viewing our resident Orca families! Enjoy a cruise through the San Juan Islands and with both indoor and outdoor seating you can be protected from the weather. Cruise includes transportation, a shore excursion at San Juan Island, and a wild salmon and BBQ chicken lunch. Reservations and payment must be made by May 25. \$150 members, \$175 non-members. East County Senior Center, 360-794-6359.

• **Locks, Lakes and Lunch Cruise: June 7** ~ Learn about Seattle's history aboard this

scenic cruise, which features views of the Space Needle, quaint floating homes, Ship Canal and the Ballard Locks. Enjoy a delicious lunch while you cruise through the Locks. Register by May 5. \$76 fee. Everett Parks and Recreation, 425-257-8300 ext. 2. Code # 94535

• **Tree House Point Tour: June 7** ~ Check out the tree houses at Pete Nelson's Tree House Retreat in Issaquah. Most are easily accessible, some have stairs, but be aware... one has a ladder. There is a gift shop for browsing or resting. Take the scenic route on the way home and stop by a popular roadhouse in Fall City (lunch on your own). \$40 members, \$80 non-members. Northshore Senior Center, 425-487-2441.

• **Historic Plover Ferry & Fine**



Outback Kangaroo Farm

Dining: June 9 ~ Step back in time to when the tiny Plover Ferry carried people from Blaine to Semiahmoo. Enjoy your ride on the historic boat. Spend some time beachcombing, taking a tour of the cannery museum or simply relaxing with a beverage/snack at the seaside lounge. This trip will include a fine dining experience at a German-themed steakhouse in Blaine (dinner on your own). \$59 members, \$118 non-members. Mill Creek Senior Center, 425-948-7170.

See DAY TRIPS on page 11

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Day Trips

continued from page 10

• **Snoqualmie Falls: June 14** ~ See the thundering Snoqualmie Falls, browse North Bend's best bakeries and shops, and visit the Cedar River Watershed Center and Rattlesnake Lake. \$39 fee. Everett Parks and Recreation, 425-257-8300 ext. 2. Code # 94536

• **FBI Tour: June 15** ~ Let's have a look at what goes on at the FBI office in Seattle. Learn about the variety of crimes the FBI investigates and how we report on threats and crimes as citizens. Limit of 12. Lunch is on your own. \$11 members, \$22 non-members. Northshore Senior Center, 425-487-2441.

• **Wings Over Washington: June 15** ~ Enjoy an aerial adventure of the state! Wings Over Washington

is the most state-of-the-art theater in the world using 5K cameras, innovative laser projection, etc. You can also take a ride on The Great Wheel at Pier 57. Wings Over Washington admission is \$15 for those age 65 and over, \$17 for those under 65. Great Wheel admission is \$11 for those age 65 and over, \$13 for those under 65. Members \$15, non-members \$20. Stillaguamish Senior Center, 360-653-4551.

• **Brighton Beach Memoirs & Dinner: June 18** ~ A small theater trip to Second Story Repertory Theater at Redmond Town Square to see Neil Simon's Brighton Beach Memoirs. After the play, walk a few steps over to a local rotisserie for dinner (on your own). \$26 members, \$52 non-members.

Northshore Senior Center, 425-487-2441.

• **Quilt Shop Hop: June 19** ~ Explore quilt shops on the northern loop. Collect Shop Hop block kits and passport stamps at the participating shops. \$49 fee. Everett Parks and Recreation, 425-257-8300 ext. 2. Code # 94535

• **Leavenworth Wine: June 24** ~ Visit several small wineries and tasting rooms with time for lunch on your own in this charming Bavarian town. \$55 fee. Everett Parks and Recreation, 425-257-8300 ext. 2. Code # 94534

• **Arboretum Tram Tour: June 29** ~ Take an easy tram ride through trails and forest over 230 acres



Sequim Lavender Festival

of cultivated plants of the Seattle Arboretum. Don't forget to bring your camera! Stop for lunch in Wedgewood on the way home (on your own). \$18 members, \$36 non-members. Northshore Senior Center, 425-487-2441.

See DAY TRIPS on page 12

Day Trips *continued from page 11*



Take a whale watching cruise!

• **Seattle's Underground and Pioneer Square: July 15** ~ Tales of our forbearers will keep you laughing on the Seattle Underground Tour. Enjoy lunch on your own at one of Pioneer Square's interesting eateries. Adults \$69 fee, age 60+ is \$49. Everett Parks and Recreation, 425-257-8300 ext. 2. Code # 94542

• **Granville Island: July 16** ~ This island in the heart of Vancouver is a must-see destination. Bring money for lunch and shopping. \$54 fee. Everett Parks and Recreation, 425-257-8300 ext. 2. Code # 94545

• **Sequim Lavender Fest: July 21** ~ Stroll through the fragrant lavender fields! Free time for lunch on your own at the downtown Lavender Festival. Adults \$69 fee, age 64+ is \$65, includes ferry fee. Everett Parks and Recreation, 425-257-8300 ext. 2. Code # 94539

• **Summer's Best Picks: Aug. 5** ~ Head to Skagit Valley for farm-fresh vegetables, fruits, berries, seafood, chocolates, cheese and more! Bring a cooler for your purchases and money for a no-host



Sequim Lavender Fest July 21

lunch. \$39 fee. Everett Parks and Recreation, 425-257-8300 ext. 2. Code # 94544

• **San Juan Cruise: Aug. 12** ~ This day-long wildlife watching tour covers about 60 miles of some of the world's most beautiful scenery. About 90 Orca whales, including calves, live in the North Puget Sound April through mid-October. Also spot transient Orcas, Minke and Humpback whales, harbor seals, sea lions, porpoise, bald eagles and many types of sea birds. \$129 fee. Everett Parks and Recreation, 425-257-8300 ext. 2. Code # 94541

Dahlia Show Aug. 19-20

Catch the colorful scene as top national dahlia judges and cultivators grace Floral Hall with thousands of single, double, triple and arranged blossoms.

This free show, presented by the Snohomish County Dahlia Society, will be at Floral Hall at Forest Park, 802 E. Mukilteo Blvd. in Everett. Hours are Saturday, Aug. 19 from 1-6 p.m. and Sunday, Aug. 20 from 10 a.m. to 4:30 p.m.



Arboretum plant sale

The Evergreen Arboretum Plant Sale and Raffle will be June 17 from 10 a.m. to 5 p.m. Purchase trees, shrubs, grasses, perennials, roses and herbs at great prices. Get expert advice about plant choice,

care and maintenance. Sales benefit Arboretum projects.

The Arboretum is located at Legion Memorial Park, 145 Alverson Blvd. in Everett. 425-257-8597.

Saturday Dances

The Carl Gipson Senior Center of Everett offers Saturday Dances the second and fourth Saturday of the month (through October) from 1-3 p.m. Scheduled dates are May 13, May 27, June 10, June 24, July 8, July 22, August 12, August 26, September 9, September 23, October 14 and October 28.

Dance to the musical stylings of Seattle's own Lauren Petrie, who plays all styles of dance music including Swing, Cha Cha, Rumbas, Waltzes, as well as line dances and

even a little rock and roll.

Admission is \$5 per person, minimum age is 50. Refreshments will be provided.

Carl Gipson Senior Center is located at 3025 Lombard in Everett.



Elder Fair June 22

Bethany of the North West Foundation invites you to the 24th Annual Elder Fair June 22 from 9 a.m. to 1 p.m. at Jackson Conference Center at Everett Community College, 2000 Tower St. in Everett.

This Fair is for “Boomers and Better,” offering information you can really use!

There will be over 80 vendor tables, coffee and snacks, giveaways and prizes. Admission is free!

Horseback Riding

The Lang’s Horse and Pony Farm offers guided trail riding in the beautiful foothills of the Skagit Valley on June 5!

Before the ride, you will have a comprehensive safety class. Learn the proper Western seat, demonstrate reining commands, and go over trail tips and safety procedures.

Before the one hour ride, enjoy a trip up to the Little Mountain Park for a panoramic view of Skagit Valley and a place to enjoy your sack lunch.

Top off the day with an ice cream stop (on your own)!

Wear long pants and closed toe shoes. Gratuities to trail guides on your own. If you would like to thank your horse, bring long and



skinny carrots!

\$56 members, \$62 nonmembers. Lynnwood Senior Center, 19000 44th Ave. W. in Lynnwood. Sign up by May 19 by calling 425-670-5050 with code # 64930.

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9				4				

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Sudoku solution on page 21

Tai Chi for Seniors



Classes are offered by Everett Parks and Recreation and will be held at the Carl Gipson Senior Center Multipurpose Room, 3025 Lombard Ave. in Everett. For more information or to register call 425-257-8300 ext. 2 or visit www.signmeup.everettwa.gov. You will need to know the code numbers to the classes that are of interest to you.

Tai Chi 24 Forms

Let the benefits of this ancient Chinese martial art flow into your life. Increase body awareness, coordination and balance. This class is designed for people ages 55 plus who are new to Tai Chi or continuing in the 24 forms. Sessions are available Tuesdays

and Thursdays from 1:30-2:30 p.m.:

June 13-29, \$38 fee (code # 94445)

July 6-27, \$44 fee (code # 94446)

Aug. 1-22, \$44 fee (code # 94447)

Tai Chi 24 and 48 Forms

Keep fit and enjoy a greater feeling of well-being with this slow, relaxed and natural exercise that does not require much physical strength. Sessions are available Tuesdays and Thursdays from 2:30-3:30 p.m.:

June 13-29, \$38 fee; one day per week is \$19 (code # 94442)

July 6-27, \$44 fee; one day per week is \$22 (code # 94443)

Aug. 1-22, \$44 fee; one day per week is \$22 (code # 94444)

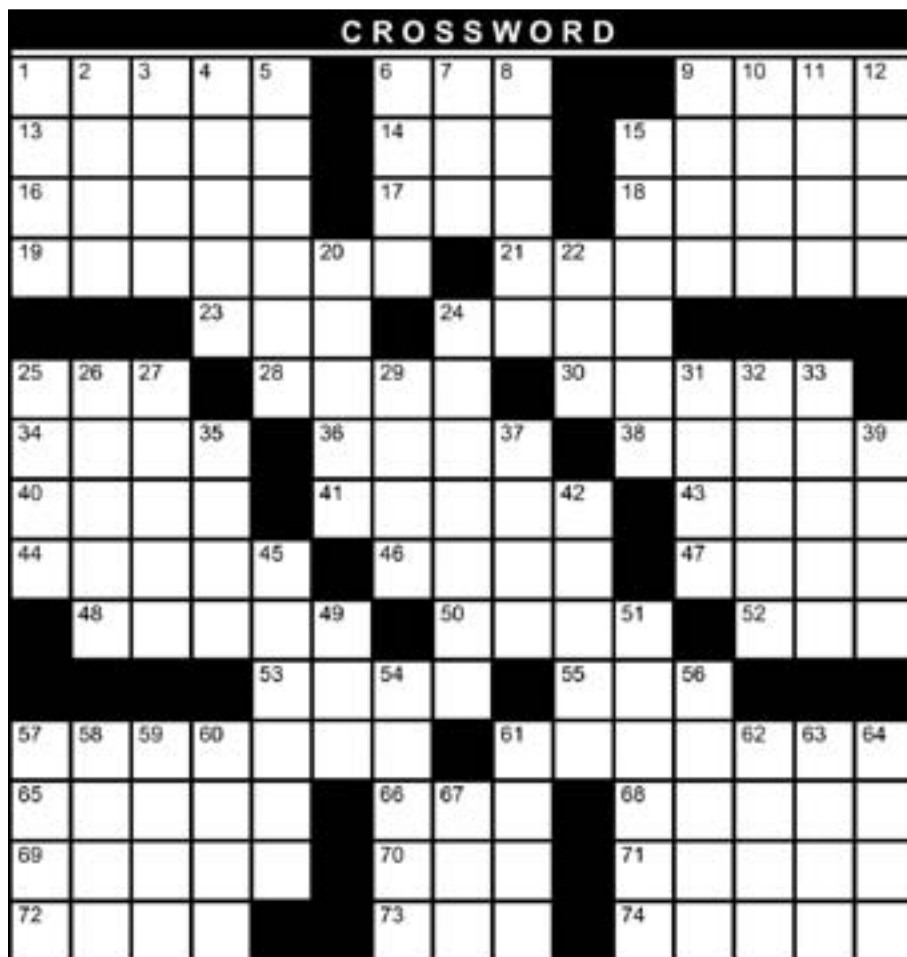
Crossword Puzzle Theme: Outdoor Fun

ACROSS

1. Big Ben's face
6. "C_____ la vie!"
9. Hefty competitor
13. Water-resistant wool cloth
14. William F. Cody, _____ Buffalo Bill
15. Domenikos Theotokopoulos, a.k.a. El _____
16. Food-borne bacteria
17. Bro to sis or sis to bro
18. Bat dwelling?
19. *It lights up the sky
21. *S'more cooker
23. Turkish title of respect
24. Sensational promotion
25. *Take a first aid one on a camping trip
28. Lover of Aeneas
30. *_____ and field
34. Singular of #26 Down
36. Lagerl^f's "The Wonderful Adventures of _____"
38. Where there's trouble?
40. Ripped
41. Labored breaths
43. 43,560 square feet
44. *Done to get in a race
46. Stash in the hold
47. Multicolored horse
48. Type of car
50. Greek Hs
52. *Picnic invader
53. Make like a cat
55. Nuke
57. *High ride
61. *Requires luring
65. Roundish
66. Variable, abbr.
68. "Roots" author
69. Shoe binders
70. Shoshonean
71. Discrimination against seniors
72. Soon, to a bard
73. The day before
74. "The Second Coming" poet

DOWN

1. Staff leader
2. Places
3. Carbon monoxide lacks this
4. "The Late Show" guest
5. Stabbed
6. No problem
7. *Used on powder and water
8. Brindled kitty
9. Tennis great Steffi
10. First name in jeans
11. Maple, to a botanist
12. Doctor's order
15. Genus in plural
20. What Pinocchio was doing?
22. Make a choice
24. Gun sleeve
25. *On a string
26. Paintings in an Orthodox church
27. Layered cake
29. "Days" in Havana
31. At a great distance
32. Served hot in winter
33. God's revelation to Muhammad
35. Financial aid criterion
37. Dick and Jane's pet
39. *Camping abode
42. Mbabane native
45. *Shoot this?
49. Teresa of Calcutta, e.g.
51. Move sideways
54. A variety show
56. Bacteriophage, informally
57. French novelist ... mile
58. Popular Russian name
59. Little bit, in Mexico
60. Right to a property
61. "Born _____," movie
62. Pelvic parts
63. Home on a limb
64. Fitness centers
67. *For any terrain





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**Crossword
Solution on
page 17**

Everybody's Closet continues to grow

By Nancy Fischer

A pebble drops into the water and creates a ripple. The movement of the water is disturbed and then calms, but beyond our vision the ripple continues in ever-widening circles.

Some years ago, a farmer near Yakima lost his wife. He gave much of her clothing to his niece saying, "Here, take what you can use and maybe you can find somebody who can use what's left." That woman, my cousin, culled what she wanted and brought the rest to me. "Take what you can use and maybe someone at the Senior Center can use what is left." I found some things I liked and then hung the rest of the clothing around my

apartment, baked goodies and one day invited people who were at the Center to come over for coffee, treats and shopping. There were seven of us that afternoon. We ate, tried on clothes, and talked... talked... talked. The consensus was that we should do it again. And so, "Everybody's Closet" was born.

From my condo to a small room at the Senior Center, to a larger room at the Center, we have grown from a pair of cousins to a community event. Clothing is donated from all areas of the community and is displayed on clothing racks and tables. But the essential core has not changed. When you come to "Everybody's Closet," you are fed, you find people to talk with and

you are given a shopping bag. Everything is free.

You cannot put a price on family, and we are the human family. One Sunday, I heard words that seemed to me to be the essence of what we were doing. "We are not social workers. We're not doormats. We are brothers and sisters." If you are my brother or sister, I do not say to you, "Can you use this? I'll give it to you for five dollars." I say, "Can you use it? It's yours." Need has never been a criteria for participation. We are all in need of human kindness, and all people need to be valued.

So, when you come to "Everybody's Closet," we give you a plate, a seat at the table and a shopping bag. And you give us joy by being there. It's an even exchange.

This truly has become a community effort with partners who encourage us to grow and serve. Special thanks goes out to the Carl Gipson Senior Center. They allow us to use their space for the event and provide coffee. The Senior Center Foundation shares a storage space with us. Advent Lutheran Church has been the largest single contributor of clothing to this event. Grandview Village provides food for the event. And our newest partner, the YWCA, is donating clothing.

The next "Everybody's Closet" is scheduled for Saturday, June 3 from 10 a.m. to 2 p.m. at The Carl Gipson Senior Center, 3025 Lombard Ave. in Everett.

Free gardening classes open to everyone

Everett Parks and Recreation will offer the following FREE garden classes at the Evergreen Arboretum & Gardens at Legion Park, 145 Alverson Blvd. in Everett from noon to 1 p.m. Please RSVP by calling 425-257-8597 and meet at the entrance to the Arboretum.

• **Hydrangeas: July 15** ~ Discuss some of the latest and greatest varieties, how to incorporate them into your garden and how to care for them at this class on July 15.

• **Shade Gardening: Aug. 19** ~ Learn about plants that thrive in the shade and their needs. Information will be available on plants that require full, partial and dappled shade as well as dry and

wet shade. Tour the newly planted areas of the Arboretum shade garden to gather ideas for your own garden.

Sunnyside Nursery will offer the following FREE garden classes at the nursery, 3915 Sunnyside Blvd. in Marysville from 10-11 a.m., unless otherwise noted.

• **Container Gardens**
Learn how to pick the perfect plants and container along with proper care instructions to keep your containers looking their best! Come learn how to coordinate colors and textures and which plants are excellent companion plants for others. Class is May 20.

• **Mini Gardens**
Learn how to create and select plants for your own unique miniature gardens, both for indoors and outdoors. Class is May 27.

• **Carnivorous Bog Gardening**
When heavy rains come, bog gardens earn their keep! They are especially helpful when filled with carnivorous plants to keep all the unwanted insects at bay. Learn about the best plants to use



and how to create a functional yet beautiful bog garden for your yard. Class is June 3.

See GARDENING on page 18

Crossword Puzzle solution from page 15

C	L	O	C	K		E	S	T		G	L	A	D	
L	O	D	E	N		A	K	A		G	R	E	C	O
E	C	O	L	I		S	I	B		E	A	V	E	S
F	I	R	E	F	L	Y		B	O	N	F	I	R	E
		B	E	Y		H	Y	P	E					
K	I	T		D	I	D	O		T	R	A	C	K	
I	K	O	N		N	I	L	S		A	F	O	O	T
T	O	R	E		G	A	S	P	S		A	C	R	E
E	N	T	E	R		S	T	O	W		R	O	A	N
	S	E	D	A	N		E	T	A	S		A	N	T
		P	U	R	R		Z	A	P					
Z	I	P	L	I	N	E		F	I	S	H	I	N	G
O	V	O	I	D		V	A	R		H	A	L	E	Y
L	A	C	E	S		U	T	E		A	G	I	S	M
A	N	O	N			E	V	E		Y	E	A	T	S

Gardening

continued from page 17

• **Growing Herbs:** Find out which varieties are best for our area and how to dry them for many uses at this class on June 10.

• **Gardening 101:** Soils, fertilizer and all things gardening will be covered at this class June 17.

• **Stop & Smell the Roses**
Learn about various rose classifications, fragrances, growing habits, special uses and colors, along with proper care and how to protect against insects and disease. Class is June 24.

• **Summer Pruning**
Improve your landscape's performance and your ability to enjoy the task at hand. Class is July 8.

• **Hydrangeas**
Learn about different varieties,

bloom sizes, proper care, how to get stunning color and then change the color! You won't want to miss this class July 22!

• **Shade Gardening**
If you live in the Northwest and garden, you'll need to learn all you can about plants that do well in cool, moist and shady places. Class is July 15.

• **Hardy Fuchsias**
Come and learn why, how, where and when to grow hardy fuchsias with an emphasis on the "sure bets" for our region. This class is from 11 a.m. to noon on July 23.

• **Attract Hummingbirds & Butterflies**
Get great tips on creating a backyard wildlife habitat where all the birds and butterflies will want

to be...and, why it's not only enjoyable to watch and see, but helpful in the protection of your plants. Class is July 29.

• **Perennials for Summer**
Learn basic design principles, how to plan for continuous color, and common mistakes to avoid. Class is Aug. 5.

• **Growing Fall Veggies**
Learn appropriate choices for the season, crop rotation, extending the season, overwintering crops and other tidbits of interest for cool-season gardeners. Class is Aug. 26.

• **Fall Containers**
Learn about the best plants to



combine together for dramatic color and texture to liven up your pots for the fall season. Class is Sept. 2.

• **Ornamental Grasses:** Learn how to best incorporate stunning, low maintenance ornamental grasses into your garden at this class Sept. 9.

Whales and Wildcards

Join the Snohomish Senior Center on a trip to the Silver Reef Casino for a two-night getaway. Head to Bellingham June 21 and receive a \$10 voucher for dinner. On June 22, take off and go whale watching, visit Friday harbor for a couple of hours, and then back out to see more whales along with lunch onboard the vessel. Head back to

the center on June 23 via the scenic Chuckanut Drive.

Cost is \$270 double occupancy, \$390 single occupancy. Includes whale watching cruise, lodging, transportation, two breakfast buffets and two \$10 vouchers for dinner.

To reserve your spot or for more information call 360-568-0934.

Overnight trips for Seniors

• **Sequim & Dungeness Valley: May 19-20** ~ Sequim is one of the driest places in Western Washington. See the John Wayne Marina where John Wayne tied up his boat the "Wild Goose." Stay in Sequim and visit the casino for dinner and fun. The Olympic Game Farm is an extra option for \$12. Drive through the Game Farm to see the zebras, Kodiak bears and other animals. On the way home we will check out Port Townsend, a beautiful Victorian town on the water (the Rhody Festival is also this weekend). All meals are on your own. Plan for a lot of walking. \$102 double occupancy, \$156 single occupancy. Call the Northshore Senior Center at 425-487-2441.

• **Whidbey Island: June 14-15** ~ This overnight includes favorites such as Anacortes, Deception Pass Bridge and Greenbank Farms as well as some new sites. Visit the Anacortes History Museum and tour the WT Preston Sternwheeler, explore the PBY Navel Museum and wine tasting at a noted winery. Cost includes lodging, breakfast on Thursday, admission to all museums as well as transportation and ferry fees. \$120 double occupancy, \$180 single occupancy. Mill Creek Senior Center, 425-948-7170.

• **Jazz, Oysters and Kites: Aug. 18-23** ~ This 5-night adventure features lodging in The Tinker House, a 100-year old Victorian

home located in Long Beach, WA within walking distance to both the beach and downtown. The 19th annual Jazz & Oysters Festival will be on Saturday. Enjoy the Washington State International Kite Festival Monday and Tuesday as the sky is ablaze with colorful and unique kites. This kite festival draws famous kite fliers from all around the world. You can bring a kite to join in the fun if you wish. Cost ranges from \$350 to \$500 and includes lodging, 10 meals and transportation. Sign up with the



Washington International Kite Festival

Snohomish Senior Center, 506-4th St. in Snohomish. Call Crissy at 360-568-0934 for more details.

• **Cle Elum & Ellensburg: May 23-24** ~ Stop in Historic Cle Elum to visit Owens Meats and Cle Elem Bakery before lunch. Then off to Ellensburg to tour Puget Sound

See OVERNIGHT on page 20

Overnight *continued from page 19*



Energy's Wild Horses Wind Farm including a look inside the huge turbines. Check in at the Best Western Plus where you can explore the riverfront trail right outside your door! Dinner at the Ellensburg Pasta Company. In the morning take a bus to browse

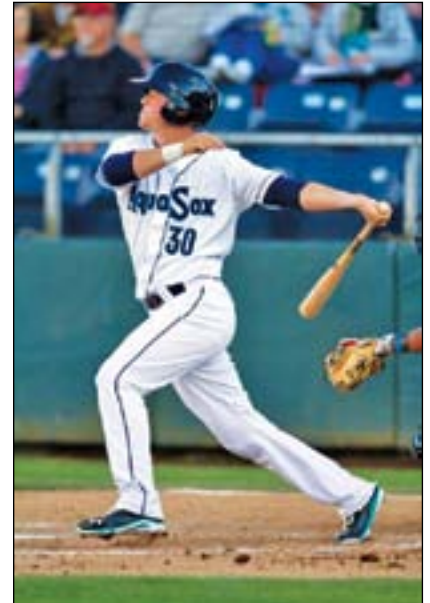
funky shops, museums and galleries. On the way home, stop at the Roslyn Café for lunch. Breakfast at the hotel is included, all other meals extra. \$150 double occupancy, \$215 single occupancy. East County Senior Center, 360-794-6359.

Aqua Sox Baseball!

Join The Silver Slugger's Club and enjoy Aqua Sox Baseball! Transportation to and from East County Senior Center to the Stadium (and back) where you will receive a ticket to the game, an exclusive Silver Slugger's apparel item, a chance to play baseball bingo at every game, and an entry into the first pitch contest is included.

Game days are June 28, July 5, Aug. 16, Aug. 23 and Aug. 30

For more information call the East County Senior Center at 360-794-6359 or stop



by the center at 276 Sky River Parkway in Monroe.

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Events offered at local senior centers

The list of activities listed below include events from: Snohomish Senior Center, 516-4th St., Snohomish; Carl Gipson Senior Center, 3025 Lombard Ave. in Everett; East County Senior Center, 276 Sky River Parkway, Monroe; Northshore Senior Center, 10212 E. Riverside Dr., Bothell; and Stillaguamish Senior Center, 18308 Smokey Point Blvd., Arlington.

• **Bruce Bryant in Concert: May 10, June 14, July 12, Aug. 9** ~ Come and enjoy a free concert performed by Bruce Bryant, featuring all the classics! Sinatra, Neil Diamond, Righteous Brothers and more! 12:15 p.m. East County Senior Center, 360-794-6359.

• **Dinner and Show: May 11** ~ Kick off the evening with a spag-hetti dinner with all the

trimmings, followed by a performance of Little Women at the Monroe High School. Shuttle from East County Senior Center to the school available. 5 p.m. Tickets on sale at the front desk. 360-794-6359.

• **Ice Cream Social: May 11, June 8, July 13, Aug. 10 and Sept. 14** ~ 2:30-3:30 p.m. at the Snohomish Senior Center, 360-568-0934.

• **Ice Cream Social: May 11, June 8, July 13, Aug. 10 and Sept. 14** ~ 1 p.m. at the Stillaguamish Senior Center, 360-653-4551.

• **Spring Tea: May 13** ~ Entertainment by the Hawaiian



Moonlight Swing Orchestra will be at the East County Senior Center June 10.

Dance Group from Carl Gipson Senior Center. Tickets are \$12 and include tea sandwiches, salad and dessert. Tea served at 2 p.m. Snohomish Senior Center, 360-568-0934.

• **What is Your Dog Thinking: May 17** ~ Dog Trainer extraordinaire Althea Butler will share her expertise on how to communicate better with your dog. 12:30 p.m. Free for members, \$2 for non-members. East County Senior Center, 360-794-6359.

• **Country Music: May 19, June 16, July 14, Aug. 18** ~ Charlotte and John have a love affair with classic country music and they want to share that love with you. Come listen, dance and tap your toes! Free. 2-4 p.m. East County Senior Center, 360-794-6359.

• **World Dance Party: May 19** ~ All ages welcome! Admission is a potluck dish to share. Participate in dances from Denmark, Cambodia, Israel, Latin American, Canada and more. Groove to belly dancing,

hip hop, etc. 6pm-9pm For more information call Glen at Northshore Senior Center, 425-286-1029.

• **Celebrating Doris Day: May 20** ~ Que Sera, Celebrating Doris Day, and featuring Kristi King, will be at 5 p.m. at the Stillaguamish Senior Center. Wearing platinum wigs and gorgeous gowns, King tells Doris Day's life story and sings her greatest hits. Tickets are \$20. Wine and appetizers will be available. Proceeds go towards purchasing a bus for the center. 360-653-4551.

• **Opioid Addiction: May 23** ~ Learn the health risks of opioid medications and why they can be so deadly. Discuss how to dispose of medications properly. Refreshments provided. 4-6 p.m. at the Stillaguamish Senior Center, 360-653-4551.

• **Pool Tournaments: May 25, June 22, July 27, Aug. 24** ~ Join the fun at Carl Gipson Senior Center's Pool Tournaments the 4th

See CENTER EVENTS on page 22

Sudoku solution from page 13

3	5	9	6	2	8	7	1	4
2	4	7	3	1	5	8	6	9
1	8	6	7	9	4	3	2	5
5	3	1	8	6	2	4	9	7
7	2	8	4	5	9	6	3	1
6	9	4	1	7	3	5	8	2
8	1	5	9	3	7	2	4	6
4	6	2	5	8	1	9	7	3
9	7	3	2	4	6	1	5	8

Center events *continued from page 21*

Thursday of each month. Cost is only \$5 for a chance to have your name engraved on the wall plaque. Carl Gipson Senior Center, 425-257-8780.

• **Family Chicken Dinner: May 28, June 25, July 30, Aug. 27** ~ Come enjoy the best roasted chicken, mashed potatoes and gravy, vegetables, coleslaw, roll, drink and dessert. Seniors \$8, adults \$9, children under 12 years \$5. Stillaguamish Senior Center, 360-653-4551.

• **Dinner and Dance: June 10** ~ Swing into Summer Dinner and Dance featuring the Moonlight Swing Orchestra will be Saturday, June 10 at 5 p.m. Purchase tickets in advance for \$15, or \$20 at the door. Beer and wine will be available.

East County Senior Center, 360-794-6359.

• **Ladies Tea: June 17** ~ Carl Gipson Senior Center's annual Ladies Tea will be June 17 from 1-3 p.m. This year's theme is "Summer Garden Party" and the color scheme is peach. The event includes assorted tea sandwiches and desserts as well as entertainment. Bring your daughters and granddaughters! A hand-made afternoon tea party hat will be given to each guest. \$20 each or \$18 for parties of six or more. Carl Gipson Senior Center, 425-257-8780.

• **Baking with Joyce: June 19** ~ Master Baker Joyce offers new recipes and tips and techniques for the kitchen. This session will be exploring scones and cinnamon

rolls. 2 p.m. \$8 members, \$12 non-members. East County Senior Center, 360-794-6359.

• **Backyard BBQ Bash: Aug. 5** ~ Come enjoy a hearty barbeque and an evening of dancing to the great music of the Moonlight Swing Orchestra! This event sells out fast so make your reservations today! East County Senior Center, 360-794-6359.

• **Garage Sale: July 14-15** ~ East County Senior Center, 360-794-6359.

Information subject to change

