

# Des Moines Normandy Park Activity Center



"My husband and I never miss Enhanced Fitness. I wouldn't be active today without my commitment to exercising. And the reward is an over-all sense of well-being!"

*Kaylene Moon*



"We love participating here, everyone is so friendly!"

*Rita & Scott Eliason*



"I've been coming to Des Moines Activity Center for 3-years and it saved my life!"

*Joseph Hough*

**2017 is Your Year to**

**Empower Healthy Living!**



[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**, Recreation & Senior Services Director  
**Sue Padden**, Senior Services Manager  
**Natalie Lavoie**, Recreation Specialist  
**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

## 2017 Des Moines City Council

Matt Pina  
 Luisa Bangs Rob Back  
 Dave Kaplan Jeremy Nutting  
 Melissa Musser Vic Pennington  
**City Manager: Michael Matthias**

## 2017 Normandy Park City Council

Jonathon Chicquette  
 Mike Bishoff  
 Tom Munslow Michelle Sipes Marvin  
 Susan West Kathleen Waters  
 John L. Rankin  
**City Manager: Mark Hoppen**



## 2017 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.



## 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, December 26	Christmas
Monday, January 2	New Year's Observation
Monday, January 16	Martin Luther King Day
Monday, February 20	President's Day

## 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.

**✂ Have Program Credit? Use It or Lose It by 1/31/2017**

## Inclement Weather

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. Thank you!

**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  
**Monday, January 9-March 13 2-3:30pm DMAC**

**Meditation and Relaxation**

Start your day with light stretches followed by breathing exercises to improve mental clarity. Learn relaxation and meditation to release stress, anger and resentment. As one participant commented, "my blood pressure has not been this low in years!" Attire: comfortable, loose clothing according to your need and the weather.

Instructor: Sharda Vekaria \$1 drop-in  
**Monday, January 9, 23 & 30 8:30-9:30am DMAC**

**Senior Drop-in Open Gym FREE**

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

**Basketball Thursdays 11:30am-2pm**

**Pickleball M/T/W/Th/F 8-10:30am**



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*

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 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**

<i>Drop-in fee</i>		<b>\$5</b>
January 3-31	8-9am and 9:20-10:20am	<b>\$39</b>
February 2-28	8-9am and 9:20-10:20am	<b>\$36</b>
March 2-31	8-9am and 9:20-10:20am	<b>\$42</b>
April 4-28	8-9am and 9:20-10:20am	<b>\$36</b>



**Tai Chi**

Introduction to Tai Chi's 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.

Instructor: John Lindsay Beach Park Dining Hall  
*Mon/Wed, January 23-February 27 11am-12pm \$60*  
*Mon/Wed, March 6-April 5 11am-12pm \$60*

**Zumba Gold Plus — One Day new**

Love dance moves? Come recreate original dance moves at a lower-intensity with a fabulous set of music. Focus is on balance, range of motion and coordination followed by a good stretch.

Instructor: Deborah Birrane DMAC  
**Monday, March 20 2-3:30pm \$6**

**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 Beach Park Dining Hall  
*Mon & Wed, January 23-March 20 9:30-10:30am \$75*  
*Mon & Wed, March 27-May 17 9:30-10:30am \$75*



### Aviation History-

#### Breaking the Aviation Glass Ceiling at Boeing

Captain Suzanna Darcy-Hennemann, recent retiree, served as Chief Pilot of Boeing Flight Services. Discover the unique positions Captain Darcy-Hennemann's held during her 40+ career with Boeing including serving as a Production and Experimental Test Pilot, Chief Pilot for the 777 program, becoming the first woman rated as a Captain on the Boeing 747-400. Captain Darcy-Hennemann's received many awards and recognition throughout her aviation career, come learn more!

Teens & Adults \$2 suggested donation  
 Thursday, Feb 9 7pm DMAC

### Natalie's Peace Corp Experiences

Meet Natalie Lavoie, Des Moines Activity Center's Recreation Specialist.

One of Natalie's previous experiences included 2 years as a

Peace Corp volunteer stationed in the Eastern Caribbean.

Natalie's power point presentation showcases her Peace Corp experiences.

Tuesday, Feb 28 1-2pm DMAC



### INSPIRE- A Spirituality Exploration

A journey to explore themes of mindfulness, peacefulness, compassion, acceptance and purpose through engaging discussions, prayers, meditations and guided activities. The focus is provoking deep thought about the common ground of spiritual beliefs. "And we need common ground now more than ever," says one participant while another notes; "The course will touch on different religions and how they relate to each other; focusing on finding the commonalities." Join in with an open heart and open mind. Facilitators: Judson Park Mentors.

Adults \$5 Suggested Donation  
 Wednesday, January 11-February 8 1-2:30pm DMAC



"Wesley U" (the non-accredited, not-for-profit continuing education program at Wesley Homes in Des Moines) offers classes designed to stimulate meaningful learning, interaction, and personal growth for people over 50.

Winter 2017 classes are:

- (1) Colored Pencils
- (2) Global Climate Change
- (3) Watercolors
- (4) You CAN Learn to Speak Spanish!
- (5) Successful Aging
- (6) "Wesley Encores" (mixed chorus; no registration fee!)
- (7) Ballroom Dance (registration fee through Highline College's continuing education program. Please contact Justin Ferris at 206-870-3785 for information).

For information on how to register for "Wesley U" classes (with the exception of "Ballroom Dance" through Highline College), please contact Leslie Lehnhoff at (206) 870-1385 or [LLehnhoff@wesleyhomes.org](mailto:LLehnhoff@wesleyhomes.org).

We look forward to meeting you at "Wesley U"!





**Ballroom Dancing -all levels** OPEN  
 Don't feel intimidated about dancing with your sweetheart, come build your confidence on the dance floor. Learn or brush up your dance steps and then stay for the Sunday dance to practice and show-off your new moves! Partners not required.  
 Instructor: Yu San Gartz.  
*Price includes dance admission!*  
**Adults \$8**  
*Sunday, March 26 12-1pm DMAC*

**Senior Dances**

Toe tapping dance music by Randy Litch!

Adults of all ages welcome.  
 4th Sundays February—October  
 1-3pm \$5 Admission

**February 26**  
**March 26**  
**April 23**

Hot Beverages Donated by Stafford Health Care



**Poetry**

Try your hand at creating poetry that captures the essence of the winter season.  
 Instructor: Pat Doheny  
 Wesley Gardens  
*Thursday, January 12 & 19 10am-12pm \$13*

**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, January 26-March 16 10am-12pm \$47*  
*MW: Thursday, January 26-March 16 2pm-4pm \$47*

**Watercolor-the fun & easy way!**

Whether you have never tried watercolors or are an experienced watercolorist this class takes the mystery out of this elusive medium. Learn to get colors and values by selecting the correct pigments and correct ratio of water to paint. Paint live seasonal subjects and landscapes from photos. Experienced painters can confidently branch off to add their own creative flourishes.  
 Supply list available at registration.  
 Instructor: Susan Waite DMAC  
*Tuesday, January 10-February 14 1-3:30pm \$65*



**Beaded Jewelry Workshops**

Celebrate the New Year and treat yourself to learning a new craft! Sally Caldwell shares her beading expertise to help spark your creativity while creating beautiful pieces of artwork. Beading kits, materials and tools all provided.  
**Adults \$15/single workshop, \$25 both workshops**  
*Earrings\* Monday, January 9 10am-12pm DMAC*  
*Necklace Monday, January 23 10am-12pm DMAC*  
 \*Specify clip-on or pierced when registering.



Our efforts to help our seniors and disadvantaged youth only works

*Because of You*

When you leave a thank-you gift to the Legacy Foundation, you can order it spent on a **one-time cause that is near and dear to you.**

**Or, your gift can return dividends forever** if you ask that it be placed in an endowment.

Endowment funds are invested and the Legacy Board only spends the interest monies earned from your generous gift.

That way, the good from your gift to help others will never die.

Contact us to learn how.



206.878.1642

P.O. Box 13582 • Des Moines, WA 98198  
 Tax ID #91-2019863

A series of workshops and presentations designed to enhance your independence.

*FREE Presentations* *Des Moines Activity Center*

### Medication Management

The Washington Poison Center, 1-800-222-1222, is your partner in senior medication management! Over the last 5-years the Center received over 20,000 phone calls regarding unintentional senior medication error.

Come learn important medication management tips, tracking forms and other strategies to keep you healthy and not making an emergency call. Critical safe disposal of medications will also be discussed.

*Tuesday, January 10* *1pm* *DMAC*

### One Step Ahead-Stay Healthy & Independent at Home

Come learn how to stay One-step Ahead (OSA) and prevent falls from happening in your home!

Making your home safer is a critical step in fall prevention. King County Emergency Medical Services developed OSA *Fall Prevention Program* offering free home visits by a physical therapist to address potential fall hazards, a home safety walk through, installation of fall safety devices and other community resources. King County adults age 50+ who have fallen or assessed as high risk of falling by a healthcare professional are eligible.

*Tuesday, January 17* *12:45pm* *DMAC*

### Near Death Experiences-Seattle International Association for Near-Death Studies (SIANDS)

Learn about near-death experiences (NED) and how they can profoundly change a person. The association was formed in the late 1970's by scientists investigating reports of these experiences. NED's had an intense need to discuss the phenomenon, but often felt their experiences were rejected so they gathered in groups world-wide to network and offer mutual support. Facilitator: (SIANDS) Volunteer.

*Tuesday, March 7* *1pm* *DMAC*

### Build A Better Back

Back pain is the *common cold* of the musculoskeletal system. Learn strategies to build a better back; the common causes, solutions and preventative measures. Facilitated by Comfort Keepers, Brett Neilson & Denise Hayes, Physical Therapists.

*Tuesday, March 21* *10am* *DMAC*

### Diabetes Prevention & Maintenance

An estimated 50% of Washingtonians age 65+ either have pre-diabetes or diabetes. Learn about the risk factors and strategies to live well with diabetes—the Basics & Beyond. Facilitator: Christy Goff, MS RDN, CD, Dietitian for Living Well Alliance Team Pacific Medical Centers in collaboration with Comfort Keepers.

*Tuesday, April 4* *10am* *DMAC*

### AARP Smart Drivers Age 50+

Brush up your driver safety skills in this classroom workshop. Advanced registration required.

\$15 AARP-member/\$20 non-AARP member payable first day of class to AARP.

*Tues/Wed, February 21 & 22* *10am-2:30pm* *DMAC*

*Tues/Wed, April 18 & 19* *10am-2:30pm* *DMAC*

### ORCA Reduced Fare Permit

A unique opportunity to get your Reduced Fare Permit/ORCA Card right here in Des Moines! Bring proof of ID and cash.

Seniors age 65+, Adults with disabilities, Youth Card Fee: \$3/Seniors, \$5 Youth/Adults w/Disability

*Wednesday, February 22* *10am-12:30pm* *DMAC*

For rider eligibility details go to:

<http://metro.kingcounty.gov/tops/accessible/reduced-fare-permits.html#who-is-eligible>

### Metro Transit Instruction Program **FREE**

Learn how to use King County public transportation and expand your horizons!

#### Part-1: In-House Presentation

Focused on how to ride and navigate 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, March 21* *1-2:30pm* *DMAC*

#### 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 at the Part-1 Presentation. Minimum of five participants needed for this outing.

*Tuesday, March 28* *9:30am- tbd* *DMAC*



**Community Supports Seniors & Youth at the 16<sup>th</sup> Annual Bayside Brunch Champagne Auction**

The 2016 event would not be possible without the support of the following sponsors:

**Raised over \$13,500 for senior programs!**

- \$2,000 Margaritaville**  
*Anonymous for 15-years*  
*Anthony's Restaurant*
- \$1,500 Parrot Head**  
*Snure Law Firm*
- \$1,000 Coral Reefer Band**  
*Marks and Marks CPA's*

- \$500 Land Sharks**  
*Edward Jones / Doug Myers*  
*Judson Park Retirement Community*  
*Stafford Healthcare*  
*Wesley Homes*  
*Des Moines Yacht Club*

- \$250 Coconut Telegraph**  
*Comfort Keepers*  
*Normandy Park Senior Living*  
*Sharpline Financial*  
*PAC Stainless*  
*Noel Morgan & Sue Padden*



*Wind and Rain didn't deter diners from enjoying the First BBQ Dinner! Volunteers Tyler Johnston and Colleen Adams joined Chef Jonathan Sack, Natalie Lavoie and sponsor, Normandy Park Senior Living to make the event a huge success!*

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

**Kitchen Supplies:** Ruth Lowrie, Cordy Barney, Nan Magnesun, Char Schulz, Bonnie Reister, Maddie Fulton, the McKinleys, the Moons, Gwen Patton, the Eliasons, Thomas Smith,

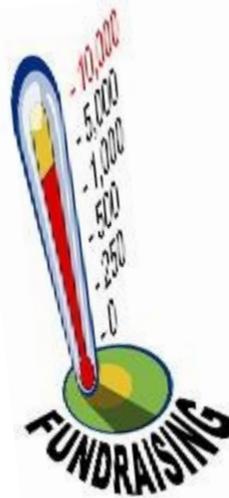
**Medical Lending Equipment:** Normandy Park Senior Living, Richard Bleek, Margo Robinson

**Mr. Fix It and Build It:** Dick Body

**Successful Fundraising**

**thanks to all of you!**

- \$864: Best BBQ**
- \$337: 12th Man Wreath**
- \$550: Holiday Re-Gifting Event**



**Thank you all that gave generously to the Holiday STS Giving Drive supporting the Des Moines Area Food Bank and Auburn Youth Resources!**

Your donations of soap, toothpaste, and shampoo will be gratefully used by many local families this holiday season. Special thanks to Four Points by Sheraton Seattle Airport South for their donation of toiletry items!

**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.



**New Cottages Available May 2017**

Check out plans for our exciting campus revitalization. Reserve your cottage by Dec. 31, and choose your finishes!



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

<b>Bellevue Art Museum</b> Two great exhibits: the Divine Ammunitions showcase and Works from the Contemporary QuiltArt Association. No-host lunch at P.F. Changs in Bellevue Square. <i>Wednesday, January 11 10:15am-3pm \$20</i>	<b>Bellevue</b>	<b>Redhook Brewery Tour</b> Lunch and beer brewing tour at this Northwest Brewery. <i>Wednesday, February 22 10am-3:30pm \$16</i>	<b>Woodinville</b>
<b>Petosa Accordion Museum</b> A fascinating museum & store featuring the Petosa family accordion; their history, construction and even a chance to play one. No-host lunch at Ivar's Salmon House, Lake Union. <i>Wednesday, January 18 9:30am-2pm \$11</i>	<b>Seattle</b>	<b>Duwamish Long House Tour</b> Survey this historic structure designed in the Puget Salish Longhouse style and used by Seattle's first people-the Duwamish Tribe. No-host lunch at Smarty Pants in Georgetown. <i>Wednesday, March 1 9:15am-2:30pm \$15</i>	<b>Seattle</b>
<b>The King and I, 5<sup>th</sup> Avenue Theater</b> Enjoy one of Rodgers & Hammerstein's finest works. Set in Bangkok during the 1860's; the musical tells the tale of the unconventional and tempestuous relationship between the King of Siam and a British School Teacher. <i>Wednesday, January 25 6-10pm \$93</i>	<b>Seattle</b>	<b>Seattle Underground Tour</b> Stroll through subterranean storefronts and sidewalks while listening to stories of early Seattle. No-host lunch at Marcela's Cajun Cookery on James. <i>Wednesday, March 8 9am-2pm \$30</i>	<b>Seattle</b>
<b>Holocaust Center for Humanity Museum</b> A testimonial to the Holocaust events in chronological order from human rights violations to genocide. Video testimonials. No-host lunch at Dukes on Lake Union. <i>Wednesday, February 1 9:15am-2:30pm \$16</i>	<b>Seattle</b>	<b>Historic Churches Tour</b> View Temple de Hirsch, Immaculate Conception Catholic Church and the First Baptist Church. No-host lunch at a restaurant downtown to be determined. <i>Wednesday, March 15 8:45am-3pm \$15</i>	<b>Seattle</b>
<b>Volunteer Park Conservatory Tour</b> Take in wonderful flora and fauna from all over the world displayed inside a beautiful historic Victorian glasshouse. No-host lunch at Henry's Tavern in Sodo District. <i>Wednesday, February 8 9:15am-2:30pm \$20</i>	<b>Seattle</b>	<b>Wings over Washington</b> Virtual fly-by offering bird's eye views of picturesque Washington. No-host lunch on Seattle waterfront. <i>Wednesday, March 22 10:30am-3pm \$27</i>	<b>Seattle</b>
<b>Wine Tasting &amp; Tour</b> Wine tasting and an epicurean lunch prepared by the students in their culinary school. Cost includes the wine tasting but not the lunch (\$12.95-14.95) <i>Wednesday, February 15 10am-3pm \$17</i>	<b>South Seattle Comm College</b>	<b>Teatro Zinzani Matinee</b> Three hour whirlwind of cirque, comedy and cabaret! Seattle's own Moulin Rouge spiegel tent. Meal included. <i>Sunday, March 26 10:30am-3pm \$90</i>	<b>Seattle</b>
		<b>Benaroya Family Art Collection</b> Over 225 of studio glass, painting, and sculpture art works by renowned regional artists, collected over 70 years. No-host lunch at Two Town Pub on the waterfront. <i>Wednesday, March 29 10:15am-3pm \$25</i>	<b>Tacoma</b>

### 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.





**Out To Lunch-Fridays** Transportation Fee: \$10  
 Enjoy no-host dining at northwest restaurants.  
*Departures: 10-10:45am Return: 2:00pm*

Jan 13	The Chili Parlor, Tacoma
Feb 10	Din Tai Fung Taiwanese Cuisine, Bellevue
Mar 10	High Tea @ Olive Branch Café \$32 for tea & meal
April 14	Japanese Steak House, Federal Way

**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.

Fridays		Destination
April 21	8:30am	Roozengarden Display Garden, Skagit Valley
April 28	9:30am	Old Goat Farm, Orting

**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
April 24	The Home Course, Dupont	\$25
May 8	Lake Spanaway, Tacoma	\$18

**Mariners Spring Training—Hosted by Catalyst Travel**  
 Week-1: March 15-22 Week-2: March 22-29  
 \$1,599/ppdo \$2,099/single \$1,449/triple  
 Both weeks \$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, Catalyst 10th man fan shirt and baseball cap.  
**\$200 deposit Final Payment Feb. 1, 2017**

Travel with Seniors throughout Washington State on trips hosted by the Washington State Association of Senior Centers (WSASC) in partnership with Collette Travel. Full brochures available at DMAC. Call 206-878-1642 for information.

**Islands of New England**

*September 18-25, 2017*

\$2,929/ppdo \$3,529/single \$2,899/triple

*Highlights:* Providence, Newport, Boston, Cranberry Bog, Plymouth Rock, Plymouth Plantation, Cape Cod, Hyannis, Nantucket, Martha's Vineyard, Provincetown, Whale Watch or Sand dunes, Lobster Dining.

*Price includes:* roundtrip airfare, air taxes & fees/surcharges and hotel transfers. 8-days, 11-meals.

**Spotlight on Tuscany**

*October 12-20, 2017*

\$3,549/ppdo \$3,749/single \$3,519/triple

*Highlights:* Montecatini Terme, Florence, Lucca, Gothic Line, Siena, Winery Tour, Pisa, San Gimignano.

*Price includes:* round trip airfare, air taxes & fees/surcharges, and hotel transfers. 9-days, 10-meals.

**Questions?**  
 Learn more about ALL the WSASC 2017 trips on **January 31, 1pm** at Tukwila Community Center, 12424 42nd Ave S, Tukwila.  
**Need a Ride?**  
 Transportation to this presentation is available from Des Moines Activity Center (on a space available basis) sign-up by calling 206-878-1642.

Assisted Living & Memory Care serving the Normandy Park, Des Moines, and Burien communities

Normandy Park  
— SENIOR LIVING —

**206.421.0821**  
 16625 1st Ave. S., Normandy Park, WA 98148





**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
	Sea Mar Latino	
Thursday	Activities	9:30am-1:30pm
Fridays	Pinochle	1-4 pm
Fridays	Duplicate Bridge**	10am-2:30 pm
Fridays	Hand & Foot Cards	1—4 pm
3 <sup>rd</sup> Sunday	Walk the Town	11am

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



Wii Gamers (L-R), George McGowan, Matt Thomfohrde and Ray Clarke celebrate the fun of being retired!

**Sunday Walks!**

Lace up your shoes and join Gary McNeil, Des Moines Legacy Foundation, on local walks. Departure locations listed below:

- 12/18 The Dollar Store, Marine View Drive to check out

Des Moines local businesses' holiday décor.

- 1/15 Des Moines Marina fishing pier-base
- 2/19 Des Moines Marina fishing pier-base
- 3/19 Des Moines Marina fishing pier-base



**Have You Completed Your Participant Information Card?**

**LAW OFFICES OF**

**REGEIMBAL, 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)

**Sneak Peak of the 2017 Spring Newsletter coming out in March!**

Mother's Day Spa Special

Poker

April Fool's Day

Creative Spring Garden Art Workshop





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



Volunteer Opportunities  
 Available!

# We Do Holidays Right!

