

Your Guide to Des Moines Parks, Recreation & Senior Services

# Rec'n Roll



Winter 2017

- Baseball Skills & Pitching Clinic
- Men's Basketball League
- Zumba, Tai Chi, Dance Programs & Sunday Walks
- Softball Co-Ed & Adult



# NORMANDY PARK market

**Locally Owned  
Competitive Pricing  
Community Driven**

19805 1st Ave S, Suite 100, Normandy Park, WA 98148

(206) 651-7794

7am-10pm 7 days



Visit our quality produce department. A large selection of organic items. Many items from local farms. See **Sandi**, our produce manager for any questions and requests.

Our award winning floral manager **Felisa**, can help you with your floral design needs and help you get that "just right" bouquet!

Are you looking for the perfect wine, beer or spirits? See **Kevin**, and he will help you find it. On Friday afternoons, Kevin will be pouring some of our best wines for you to taste!

See our bakery department for custom cakes, pastries and cookies. **Mollie** will design something for your special occasion!

See all our specials in our weekly ad, and look throughout the store for extra special deals! Get on our email list and like us on Facebook to find out what's happening at Normandy Park Market.

NORMANDY PARK MARKET. IT'S YOUR MARKET!

[www.normandyparkmarket.com](http://www.normandyparkmarket.com) • [facebook.com/normandyparkmarket](https://facebook.com/normandyparkmarket)



# WINTER IN DES MOINES EVENTS

## DESTINATION DES MOINES HOLIDAY TREE LIGHTING

**Fri, Dec 2 6pm**

Big Catch Plaza, corner of 216th and Marine View Drive. Caroling, refreshments, holiday music, and photos with Santa are all a part of this FREE community event. [destinationdesmoines.org](http://destinationdesmoines.org)



## ARGOSY CHRISTMAS CRUISE SHIP AND BONFIRES

**Wed, Dec 7**

Des Moines Beach Park Bonfire at 6:45pm. Ship arrival and Carolers at 7:20pm

**Thu, Dec 15**

Redondo Bonfire at 8:15pm. Ship arrival and Carolers at 9pm. Call 206-870-6527 for bonfire information or [argosycruises.com](http://argosycruises.com) for ship details.



## BREAKFAST WITH SANTA

**Sat, Dec 10 9-15am or 10:45-12pm**

Delicious pancakes, activities and visit with Santa. Held at the Activity Center. Space is limited - call to reserve a spot 206-870-6527

## POVERTY BAY WINE FESTIVAL

**Fri, Mar 3 & Sat, Mar 4**

The Des Moines/Normandy Park Rotary Club invites you to help us celebrate the 13th Annual Poverty Bay Wine Festival held at the historic Auditorium in the Beach Park. [www.drinktomusic.org](http://www.drinktomusic.org)



## EGGSTRAVAGANZA

**Sat, April 15, 9-10am**

Enjoy a leisurely Egg Hunt with fun crafts, activities, prizes, and photo opportunities with the Easter Bunny. Held in the Meadow at the Beach Park.



*Attention Parents!*

## Holiday Drop & Shop

Parents – Looking for some time to shop with friends, family or wrap some gifts? Drop your kids off with us and under our watchful eye, they'll have a ball and you get time to get those holiday errands checked off!

**Sat**  
Dec 17

**Ages 4-12**  
12-4pm

**Field House**  
\$15R \$21NR

# EGGStravaganza

Enjoy a leisurely  
EGG-HUNT!

**Saturday, April 15,  
2017, 9-10am**

**Meadow in Des Moines  
Beach Park, \$5**

Fun Crafts, Activities & Prizes,  
Photo Opportunities with  
the Easter Bunny

Children Grade-6 & under  
Children under age 5 must  
be accompanied by an adult





## Club KHAOS

### (Kids Having An Outrageous School Year!)

Our energetic and dedicated staff will ease you and your kids into an outrageous school year filled with fun, friendships, and enriching experiences to stimulate their imagination, spark their learning skills and develop healthy habits with K-Fit!

**Grades K-6** **Mon-Fri**

**Registration Fee:** \$30 Resident (R)  
\$35 Non Resident (NR)

**Highline School District Sites:** Des Moines, North Hill, Marvista, Midway & Parkside Elementary Schools

**Federal Way School District Site:** Woodmont Elementary School

**Financial Scholarships:** Please call 206-870-6527 for detailed information!

Monthly sessions throughout the school year calendar.



### Wake Up in KHAOS

Start your child's day with friends and caring staff. A nutritious snack and a morning filled with enriching activities, individual and group playtime.

6:30am – School Starts

	R/NR
<b>Highline</b>	
Jan	\$280/\$300
Feb	\$255/\$275
Mar	\$310/\$330
Apr	\$210/\$230
<b>Federal Way</b>	R/NR
Jan	\$230/\$250
Feb	\$220/\$240
Mar	\$240/\$260
Apr	\$180/\$200
<b>Drop-in Fee:</b>	R/N
Highline Sites	\$17/\$20
Federal Way Site	\$14/\$16

### Sunset in KHAOS

	R/NR
<b>Highline</b>	
Jan	\$300/\$320
Feb	\$270/\$290
Mar	\$330/\$350
Apr	\$225/\$245
<b>Federal Way</b>	R/NR
Jan	\$345/\$365
Feb	\$325/\$345
Mar	\$360/\$380
Apr	\$270/\$290
<b>Drop-in Fee:</b>	R/NR
Highline Sites	\$17/\$20
Federal Way Site	\$20/\$23
<b>Early Release Fridays</b>	
Highline Sites	\$22/\$25
<b>Early Release Wednesdays</b>	
Federal Way Site	\$22/\$25



### Sunrise to Sunset

Give yourself worry-free days and a significant fee reduction.

	R/NR
<b>Highline</b>	
Jan	\$400/\$420
Feb	\$360/\$380
Mar	\$440/\$460
Apr	\$300/\$320
<b>Federal Way</b>	R/NR
Jan	\$450/\$470
Feb	\$425/\$445
Mar	\$470/\$490
Apr	\$355/\$375

### Break Time

This is your solution to not having time off when your child does! Break Time provides a warm caring and safe environment where friendships flourish and leadership skill blossom through participation in enriching experiences cleverly presented under the guise of arts, crafts, games, tutoring and reading. Children keep fit participating in active games and athletics. You send lunch we provide nutritional snacks!

6:30am-6:00pm

Day	Dates	District	Field House Camp
Mon	Jan 16	FW & HL	MLK Holiday
Fri	Jan 27	FW	Semester Break
Mon/Tue	Feb 20-21	FW & HL	Mid-Winter Break
Wed-Fri	Mar 8-10	FW	Conferences
Fri	Mar 10	HL	In-Service Break
Mon-Fri	Apr 3-7	FW & HL	Spring Break

	R/NR
<b>Fees:</b>	
Daily Drop-in Fee	\$40/\$45
Mid-Winter Break Fee	\$70/\$75
Conferences	\$100/\$110
Spring Break Fee	\$160/\$170

## YOUTH SPORTS



Great Tasting Lunchmeat

### Leagues

#### Spring Youth Recreation Soccer League

Registration starts Jan 3 and closes Feb 24.

U6 co-ed 4-5, U8 co-ed 6-7, U10 boys or girls 8-9, birth certificates required. Child's age as of January 1, 2017.

Season Runs Mar 13-May 20. **Des Moines Area Fields**

**Registration Dates** **R/NR**

Jan 3-Feb 10	\$71/\$84
Feb 11-Feb 24	\$81/\$95

#### Tee-Ball / Coach Pitch Coed Leagues

Registration starts Jan 3 and closes May 19.

Get out the leather glove, swing that aluminum bat and enjoy team building and social interaction! Focus is on developing hand-eye coordination through hitting, fielding, throwing and catching properly. Playing field and rules are modified to match participant age and skill levels.

**Age 3-5 Tee-Ball** **Ages 6-8 Coach Pitch**

Season Runs Jun 5-Aug 5 **Des Moines Area Fields**

**Registration Dates** **R/NR**

Jan 3-Mar 31	\$71/\$84
Apr 1-May 19	\$81/\$95

#### Coaches Meetings

Spring Youth Recreation Soccer League

**Tue, Feb 28, 6pm** **Field House**

Tee-Ball/Coach Pitch

**Tue, May 23, 6pm** **Field House**

For information about coaching, sponsorship and scholarships please call 206-870-6527.

#### NEW ~ Baseball Skills & Drills

Join the youth off season training class taught by former professional baseball and MLB scout Steve Goucher. During the class, baseball instruction and fundamentals of baseball throwing, catching, and fielding, as well as base running will be taught. Students will also play scrimmage games inside. Special Instructions: Bring glove

**Sun** **Ages 7-11** **Field House Gym**

Jan 15-Feb 12 10-11:30am \$100R \$110NR

#### NEW ~ Youth Pitching Clinic 101

This class will focus on the proper throwing mechanics, proper grips of the baseball, and wind ups. Stretching exercises and the stretch position for pitchers, as well as tips to get batters struck out will be taught by former professional baseball and MLB scout Steve Goucher. Special Instructions: Bring glove

**Sun** **Ages 8-12** **Field House**

Jan 15-Feb 12 11:30am-12:30pm \$75R \$85NR

## YOUTH ACTIVITIES

### Indoor Tot Time

As the weather turns bad outside, keep your little ones active indoors with age appropriate exercise and play! We will have fun tumbling mats, ride-on toys, and age-appropriate sports equipment available on hand. Join in the fun and watch them make new friends along the way.

Ages 2-5 \$20/10-visit punch card or \$3/drop-in per child  
 Mon/Wed Jan-Apr 10am-12pm Field House

### Kokondo Martial Arts

Learn basic karate including blocks, kicks, and strikes. Emphasis placed on effective street self-defense; students learn to defend themselves against punches, grabs, chokes, bear hugs and more. Instructor: Gerry Flock

**Wed/Fri** **Age 12+** **R/NR** **Field House**

Jan 4-27	5-6:30pm	\$31/\$38
Feb 1-24	5-6:30pm	\$31/\$38
Mar 1-31	5-6:30pm	\$31/\$38
Apr 5-28	5-6:30pm	\$31/\$38

### Tiger Kids Martial Arts Course Overview

Instructor: Mitch Mayberry, International Champion, 9<sup>th</sup> Degree Master

**Fee:** All participants must pay the \$14 AAU Membership in addition to the individual course fees. Uniforms optional and available from the instructor.

### Tiny Tigers Kung Fu & Taekwondo

A fun and less intense Martial Arts program focusing on fun and fitness while developing motor skills, coordination, and improved listening skills through the use of games and training aids including bag kicking and sword play for fun.

**Wed** **Ages 3-6** **R/NR** **Field House**

Jan 4-Feb 22	4:20-4:50	\$92/\$105
Mar 1-Mar 22	4:20-4:50	\$46/\$53
Apr 19-Jun 7	4:20-4:50	\$92/\$105

### Tiger Kids/Family Martial Arts & Fitness

Kid's and their parents or just the kids can have fun while developing coordination, focus and fitness. Students can progress in Belts and learn the simple moves of Taekwondo/Karate to the cool moves of the Ninja Turtles (Kobudo Weaponry) and Kung Fu step by step promoting confidence, achievement & safety skill. Bag Kicking & Jedi Warrior sparring also for fun.

**Ages 7+** **4:50-5:30pm** **Field House**

**Colored Belts** **4:50-5:45pm** **R/NR**

Jan 4-Feb 22	\$92/\$105
Mar 1-Mar 22	\$46/\$53
Apr 19-Jun 7	\$92/\$105



## TEEN

### Des Moines Youth Council

Make new friends and gain leadership and organization skills participating in Des Moines Youth Council. The Council plans civic activities during the school year and participants earn credits towards reward activities offered at the end of the year – such as trips to Wild Waves or Seattle Mariners games.



Open enrollment year round – request an application. Parents are invited to attend the first meeting. Call in advance to confirm meetings dates @ 206-870-6582 Facilitator, Recreation Staff.

**Thu 3pm Grades 6-9 Free Pacific Middle School**

### Teen Dances

Kick it at theme dance parties hosted by the Des Moines Youth Council! Themed dance parties feature contests, concessions and dancing. Facilitator: Recreation Staff. Des Moines schools: Grades: 6-8; waiver and student ID required for admission. Des Moines residents with parent verification. Call 206-870-6527 for policy information.

		Field House
Fri		
Feb 10	7:30-10pm	\$8
Mar 31	7:30-10pm	\$8
May 19	7:30-10pm	\$8

### Better Babysitter Class

Participants receive the knowledge and confidence to care for infants to school-age children through videos, activities, hands-on training and discussion for a complete learning experience. Babysitter training teaches how to: respond to emergencies, make decisions, communicate with parents, manage children, feed, diaper, care for infants and start a babysitting business. Bring a sack lunch, a snack, \$16.50 for a materials fee to the instructor. Instructor: Gaylynn Smith, Pro Cert.

Sat	Ages 11-15	Police Station
Jan 14	8:30-2:30pm	\$56R/\$68NR
Mar 18	8:30-2:30pm	\$56R/\$68NR



**Saturday, Dec 10**  
Des Moines Activity Center

Seating-1  
9-10:15am

Seating-2  
10:45am-12pm

Children: \$8; Adult: \$4  
Age 2 & under: Free

Join us for a delicious pancake breakfast with Santa! Enjoy holiday activities and visit with Santa about holiday wish-lists. A parent or responsible adult must accompany children. Pre-registration required.

## ADULT LEAGUES

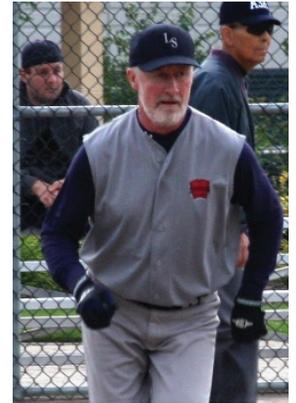
### Softball Leagues

#### Adult Men & Co-ed

Spring ball is approaching soon! Get to first base with your team and signup for a 14-game season topped off with a single elimination post season tournament.

**Registration Deadline: Apr 10**  
**Coaches Meeting: Apr 10**

Adults  
\$960R/\$1,045NR  
Coed Recreation Division Mon evenings Starts Apr 24  
Men's Recreation Division Tue evenings Starts Apr 25



#### Senior Adult Coed Softball

Now recruiting avid softball players for Des Moines recreational senior coed softball teams! Call 206-870-6527 for details.

Age 50+  
Player fees range between \$20-\$40 (determined after the sign-up and sponsor deadline.)

Practices Tue/Thu Apr  
Games Tue/Thu May  
Game Times 10am

**Practices/Home Games**

**Steven J Underwood Memorial Park**

**Away League Games**

**Fields throughout King County**



### NEW ~ Men's Basketball League Adult Men

Adult basketball is here! Sign your team up for an 8-game regular season schedule topped off with a single elimination post season tournament.

Registration Deadline: Feb 22  
Coaches Meeting: Feb 22  
Games on Wed evenings

**Starts Mar 8**

**\$550R/\$605NR**

**Location TBA**



## ADULT ENRICHMENT

### American Boating Course

Learn the essential information to operate a boat including, boat handling, seamanship, necessary equipment, boat trailering, and much more. This course exceeds educational requirements in all states and a test is given at the conclusion of the course to qualify you for a boating education certificate. Bring a sack lunch. Fee includes textbook and all materials. Students are responsible for picking up supplies. Instructor: Poverty Bay Power Squadron.

**Sat Ages 12-Adult \$40 Public Works/Parks Service Ctr**  
 Feb 18 8am-4pm  
 Mar 11 8am-4pm  
 Apr 15 8am-4pm  
 Jun 3 8am-4pm

### ADVANCED GRADES

#### Piloting

Piloting is the first of the advanced navigational classes focusing on techniques for piloting a boat in coastal and inland conditions. The course emphasizes planning and checking along with the use of GPS for determining position, and introduces digital charting along with traditional charting, compass and dead reckoning skills. Instructor: Poverty Bay Power Squadron.

**Tue \$60 Public Works/Parks Service Ctr**  
 Jan 3–Mar 21 7-9pm

#### Advanced Piloting

Advanced Piloting is the final part of the inland and coastal navigation series. This material continues to build on the base developed in Piloting, and includes practical use of additional electronic navigation systems and other advanced techniques for finding position. Instructor: Poverty Bay Power Squadron.

**Tue \$42 Public Works/Parks Service Ctr**  
 Mar 28–Jun 6 7-9pm

### ELECTIVE CLASSES

#### Engine Maintenance

Modern engines offer high reliability and good performance through the use of computerized systems for fuel delivery and engine timing. Most of these systems are “black boxes” that can no longer be serviced by weekend mechanics with ordinary tools. The Engine Maintenance course covers those repairs that do-it-yourselfers can still perform, teaches how to diagnose problems that might be beyond your ability to fix, and how to share information with your mechanic so the right repairs get performed. Instructor: Poverty Bay Power Squadron.

**Wed \$40 Public Works/Parks Service Ctr**  
 Jan 4–Feb 15 7-9pm

### Weather

The safety and comfort of those who venture out-on-the water have always been weather dependent. In this course students will become keener observers of the weather, but weather observations only have meaning in the context of the basic principles of meteorology — the science of the atmosphere. Each student receives a Weather Manual. Instructor: Poverty Bay Power Squadron.

**Wed \$50 Public Works/Parks Service Ctr**  
 Feb 22-May 10 7-9pm

### Dog Obedience

Love your dog but all the chewing, jumping, barking and little “accidents” testing you? Dog Obedience should turn your little “terror” into a well-behaved pet. Proof of vaccination is required at first class. Instructor: Jan Magnuson, Animal Control Office, Champion Trainer.



**Thu Dogs 4+ months \$95R/\$105NR Field House**  
 Jan 5-Feb 9 7:15-8:15pm  
 Feb 16-Mar 23 7:15-8:15pm  
 Apr 6-May 11 7:15-8:15pm

### Aviation History – Breaking the Aviation Glass Ceiling at Boeing

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

**Thu Teens & Adults \$2 donation suggested**  
 Feb 9 7pm Activity Center



### Introduction to Modeling

This class will introduce models to the world of Trade For Print modeling. Technical and legal concepts such as the model release, licensing issues and others will be introduced using the text book 'The Business Model', which is covered in the fee. How modeling works in the Pacific Northwest, best practices along with what the model needs to know to be successful in

this field will be discussed. Attendees will learn the basics of make up, posing and how to find photographers. Models will get the chance to practice their skills with photographers at this event. Instructor: Joe Teeplese

**Sat**      **Ages 18-60**      **Activity Center**  
 Mar 11      8am-5pm      \$40R/\$45NR

### BLUE PRINT FOR LIVING

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

#### Medication Management

Did you know the Washington Poison Center is your partner in senior medication management? They have received over 20,000 phone calls in the last 5 years regarding an unintentional senior medication error. Join Washington Poison Center staff for this important presentation on tips to keep YOU from having to make a call! Important managing medication tips will be shared, along with helpful tracking forms and other tips to keep you healthy. The critical safe disposal of medications will also be discussed.

**Tue**      **Jan 10**      **1pm**

#### One Step Ahead – Stay Healthy and Independent in Your Home

Falls among seniors are a serious issue. According to the CDC, the number of people 65 years and older who died after a fall reached nearly 24,000 in 2012 - almost double the number 10 years earlier. Six out of every ten falls occur at home, but research has shown that many fall risks can be reduced. Making your home safer is one thing you can do to keep yourself from falling. King County Emergency Medical Services developed a community resource program called One Step Ahead Fall Prevention Program. This program provides free home visits by a physical therapist who does a home safety walk through to address potential fall hazards, education about staying safe in your home, installation of fall safety devices, and includes information about other community resources. To enroll in this free program, you must be 50 years and older, have fallen or be at high risk of falling as assessed by a healthcare professional and live in King County. Come learn how to stay One-step Ahead and prevent falls from happening in your home!

**Tue**      **Jan 17**      **12:45pm**

#### ORCA Reduced Fare Permit

Get your SENIOR reduced price ORCA card here.....not available at the local vendors. Adult, youth, senior and disabled regional reduced fare permits, E- purse value or a monthly pass.

**Wed**      **Feb 22**      **10am-12:30pm**

#### Natalie's Peace Corp Experiences

The newest smile in our center is our new recreation specialist Natalie Lavoie. One of Natalie's previous work experiences was with the Peace Corp. Join us to learn more about our new employee and about life in the Peace Corp through her power point presentation.

**Tue**      **Feb 28**      **1pm**

#### Near Death Experiences

What is a near-death experience (NDE)? Who has a NDE? Join a volunteer from the Seattle International Association for NDE Studies to learn more about them and how they can profoundly change a person who has experienced one. The association was formed in the late 1970's by scientists investigating reports of NDE's. NDE's had an intense need to discuss the phenomenon, but friends and loved ones often rejected their experiences so they gathered together in groups (now around the world) to network and to provide mutual support to each other. This is an important program for experiencers, healthcare practitioners, family members and others interested in the subject.

**Tue**      **Mar 7**      **1pm**

#### 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 and Denise Hayes, Physical Therapists.

**Tue**      **Mar 21**      **10am**

#### Diabetes Prevention and Maintenance

This class will cover Diabetes prevention-Basics and Beyond. It's estimated that 50% of Washingtonians over the age of 65 either have pre-diabetes or diabetes. A Diabetes educator will discuss risk factors around diabetes and how to live well with diabetes. Presented by: Christy Goff, MS RDN, CD, Dietitian for Living Well Alliance Team Pacific Medical Centers.

**Tue**      **Apr 4**      **10am**



## CLASSES

### Winter into Spring Poetry

Tis the season for wintery observations and joyful memories! Try your hand at creating poetry that captures the essence of this season! Instructor: Pat Doheny

**Adults** **Wesley Gardens**  
Thu Jan 12 & 19 10am-12pm \$13

### Creative Writing

Interested in capturing your family's history? Do you have a story to tell? Take advantage of Pat's writing expertise and get started. Instructor: Pat Doheny

**Adults** **Wesley Gardens**  
Thu Jan 26-Mar 16 10am-12pm \$47

### Memoir Writing

Learn to write the story of your life. Join others as you share your life experiences in a supportive environment. Capture the story of how you came to be who you are and where you are today. Instructor: Pat Doheny

**Adults** **Wesley Gardens**  
Thu Jan 26-Mar 16 2-4pm \$47

### NEW~ Ballroom Dancing – All Levels

Don't feel intimidated about dancing with your sweetheart, come build your confidence on the dance floor. Learn or brush up your ballroom dance steps and then stay for the Sunday dance to practice and show-off your new moves! Price includes Sunday Dance admission.

Instructor: Yu San Gartz

**Adults \$8** **Activity Center**  
Sun Mar 26 12-1pm

### Jewelry Workshops

Celebrate the New Year and learn a new entertaining craft! Sally Caldwell shares her beading expertise to help spark your creativity while crafting beautiful pieces of artwork. Beading kits, materials and tools all provided.

**Adults \$15/single or \$25 for both workshops** **Activity Center**  
Mon Jan 9 Earrings (specify clip-on or pierced upon registration)  
Mon Jan 23 Necklace

### 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 the 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

**Adults \$65** **Activity Center**  
Tue Jan 10-Feb 14 1-3:30pm

### NEW ~ INSPIRE – A Spirituality Exploration

This five week spirituality exploration presented by Judson Park mentors, explores the themes of mindfulness, peacefulness, compassion, acceptance, and purpose through engaging discussions, meditations and guided activities. The focus is provoking deep thought about the common ground of spiritual beliefs. "And we need common ground no more than ever", says one participant. "They touch on many different religions and how they relate to each other, finding the commonalities within all religions", says another participant. The only rule is to keep an open heart and an open mind.

**Adults \$5 donation for 5 weeks** **Activity Center**  
Wed Jan 11-Feb 8 1-2:30pm

### AARP Smart Drivers

Discover how to be more aware in today's traffic. Reinforce your good habits and iron out the bad habits that have crept into your driving pattern. Upon completion of the course, your certificate will get you a discount on your auto insurance as required by state law. Lunch break provides an opportunity to take advantage of the Nutrition Lunch Program.

**Adults Age 50+ \$15AARP Member/\$20 Non AARP Member**  
**Tue/Wed** **Activity Center**  
Feb 21 & 22 10am-2:30pm  
Apr 18 & 19 10am-2:30pm

### Metro Transit Instruction Program

Are you interested in learning more about riding public transportation in King County but are unfamiliar with or reluctant to use the Metro buses? Metro Transit Instructional Training Program provides a classroom style orientation on the use of public transportation, as well as offering a guided community instructional outing on King County public transportation system (five or more individuals) and Metro pays the bus fare. The presentation is a prerequisite to the field trip.

#### Part One: In-House Presentation

Time will be focused on how to ride and navigate the Metro and the Sound Transit Express bus. Some of the subjects covered are boarding, recognizing all the information at a bus stop, transferring to different buses, problem solving skills while on the bus. The presentation also includes using your ORCA card, paying with cash, and using a paper transfer, and much more.

**Tue Mar 21 1-2:30pm Free** **Activity Center**

#### Part Two: Community Instructional Outing

This is your chance to practice what you learned during the presentation. The escorted trip will help you to have the confidence and skills to be successful and independent as you ride the Metro buses. The destination and time of the outing will be determined in the prior presentation; which is a prerequisite to the field trip. Additionally, there is a minimum group size of five (5) individuals for the community instructional outing.

**Tue Mar 28 9:30am Free** **Activity Center**

## ADULT & SENIOR FITNESS

### Enhance Fitness

Improve physical conditioning levels and decrease the risk of falling with stretching, low-impact aerobics, strength training and balance exercises. Gym-type shoes are required and a water bottle always recommended. Co-sponsors are Group Health and Sound Generations. Instructor: Yu San Gartz

Tue/Thu/Fri	Adults	Field House
Jan 3-31	8-9am or 9:20-10:20am	\$39
Feb 2-28	8-9am or 9:20-10:20am	\$36
Mar 2-31	8-9am or 9:20-10:20am	\$42
Apr 4-28	8-9am or 9:20-10:20am	\$36



## CHANGE YOUR LIFE AND YOUR COMMUNITY

Give back to your community! Volunteers have a positive impact on our community through amazing service projects. We welcome volunteers from all walks of life – individuals or groups. Check out the unique ways you can contribute your time, energy and skills to strengthen this community!

**ADOPT A SPOT PROGRAM** Enhance the beauty of our community. Help us tackle park clean-up, landscaping, tree planting and general sprucing-up. Des Moines Spots available for adoption include Big Catch Plaza, Overlook I and II and South Marina Parks. Contact: Janet Best: 206-870-6547 or jbest@desmoineswa.gov

**KING COUNTY BEACH NATURALIST PROGRAM** Volunteers help protect our beaches by enlightening users on ways to enjoy the beach without harming it. Contact: beachnaturalist@seattleaquarium.org.

**FRIENDS OF DES MOINES CREEK** partners with community volunteers to remove invasive weeds, replant natives, and maintain and protect the Des Moines Creek buffer. Contact: Laura Hartema-FriendsOfDesMoinesCreek@yahoo.com

**SONJU COMMUNITY ORCHARD & GARDEN** Harvest fruit & vegetables for the food bank or participate in the community garden/pea patch work parties. Contact: Kim Richmond at friendsofsonjupark@hotmail.com

**DES MOINES ACTIVITY CENTER** Give back to our community's older adults by lending a hand and you'll feel good too! Seeking: IT Instructor, Walking Leader and laptop/cellphone one on one help, Trip Drivers and Instructors. Contact: 206-878-1642 or seniors@desmoineswa.gov.

**DES MOINES PARKS & RECREATION** Inspire our youth! Seeking volunteers to coach or assist with special events. Seeking teens for the youth council program. Contact: 206-870-6586 or recreation@desmoineswa.gov

**THE HYDE SHUTTLE** Volunteers urgently needed to drive Sound Generations shuttles in Normandy Park and Des Moines assisting seniors and residents with disabilities safe and reliable transportation for needed socialization, errands, appointments and recreational activities. Learn more by visiting [www.soundgenerations.org/transportation!](http://www.soundgenerations.org/transportation!)

### Tai Chi

This class will introduce basic movements of Tai Chi with emphasis on the no-impact, relaxed, flowing movements which aid in balance, increase strength and vitality. Students will learn the movements from the 24 pattern form. This course is geared toward students who are new to Tai Chi, but all students, regardless of experience are welcome. Wear comfortable loose clothing. Instructor: John Lindsay.

Adults	\$60	Beach Park Dining Hall
Mon/Wed	Jan 23-Feb 27	11am-12pm
Mon/Wed	Mar 6-Apr 5	11am-12pm



### Sunday Walks

Gary McNeil with Des Moines Legacy Foundation is hosting local walks the 3<sup>rd</sup> Sunday of the month. Interested individuals should meet at the base of the fishing pier at the Des Moines Marina unless otherwise noted.

Sun	Dec 18*	11am
Sun	Jan 15	11am
Sun	Feb 19	11am
Sun	Mar 19	11am

\* Meet at Big Catch Plaza near the Dollar Tree, we will walk thru downtown Des Moines checking out the holiday decorations and discovering what local businesses are in our town available for holiday shopping.

### NEW~ Zumba Gold

Ditch the workout and join the party! Working out is healthy, rewarding and beneficial but it's never been known to be exhilarating until now! Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a unique program that will blow you away and help you achieve long term benefits.

Adults	\$35R/\$40NR 5-class punch card or \$10/drop in	Field House
Mon	Jan and ongoing	6-7pm

### Zumba Gold Plus

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

Adults	\$6	Activity Center
Mon	Mar 20	2-3:30pm



## Senior Dances

Dancing stimulates your mind, body and soul! Waltz, Jitterbug, Swing...move to the live music of Randy Litch on our beautiful hard wood floor. Stafford Healthcare provides hot beverages.

Adults	\$5	Activity Center
Sun	Feb 26	1-3pm
Sun	Mar 26	1-3pm
Sun	Apr 23	1-3pm

## 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!" Dress: comfortable, loose clothing according to your need and the weather. \*No class 1/16. Instructor: Sharda Vekaria



Adults	\$1 drop in	Activity Center
Mon	Jan 9-30*	8:30-9:30am

## Unwind Your Spine

Start your day with this nurturing, gentle class exploring very slow and repetitive movements allowing you to discover more efficient, improved physical functioning and a greater sense of wellbeing. Bring a blanket or a yoga mat and come "unwind".

Adults	\$75	Beach Park Dining Hall
Mon/Wed	Jan 23-Mar 20	9:30-10:30am
Mon/Wed	Mar 27-May 17	9:30-10:30am

## Dance for Parkinson's (For adults with movement issues)

Dance for Parkinson's is designed for you! Stretch and strengthen your muscles, focus on balance and rhythm through many styles of dance and discover how to use your thoughts, imagination, eyes, ears, and touch to control movement in a welcoming environment accompanied by live music. Caregivers and friends are invited to join in! No dance experience is necessary. Classes are based on the Dance for PD® method, a program developed by Mark Morris Dance Group and the Brooklyn Parkinson Group. Presented by Seattle Theatre Group (STG) and Spectrum Dance Company. Funding support from Des Moines Legacy Foundation. Register at [www.nwpcf.org/participate](http://www.nwpcf.org/participate) or call 877-980-7500.



Adults	\$5 Suggested Donation	Activity Center
Mon	Jan 9-Mar 13	2-3:30pm

## SENIOR OUTINGS

### OUT TO LUNCH

Enjoy a no-host lunch at new and old favorite eateries around the Sound. All trips depart between 10-10:45am and return about 2pm.

Fri	Age 50+	\$10 transportation
Jan 13	The Chili Parlor	Tacoma
Feb 10	Din Tai Fung Taiwanese Cuisine	Bellevue
Mar 10	High Tea @ Olive Branch Café (\$32 for the tea & meal)	Tacoma
Apr 14	Japanese Steak House	Federal Way

### Horticulture Outings

Explore lush and varied Northwest gardens and nurseries. Lunch at local eateries or bring a sack lunch. Note: Fee does not reflect no-host lunch or garden admission fees.

Fri	Age 50+	\$10 Transportation Fee
Apr 21	8:30am	Roozengarden Display Gardens, Skagit Valley
Apr 28	9:30am	Old Goat Farm, Orting



### Golf Outings

Enjoy playing 9 holes at Puget Sound courses. Transportation is available on a first paid basis or meet at the course. All players draw numbers to determine playing partners and tee position. Departure is 8-8:30am and return time varies.



Mon	Age 50+	\$10 Transportation Fee
Apr 24	The Home Course	Dupont \$25
May 8	Lake Spanaway	Tacoma \$18



## DAY TRIPS

Explore the Northwest and leave the driving to us!  
Age 50+ and travel days vary.

<b>Bellevue Art Museum</b>	<b>Bellevue</b>
Wed Jan 11 10:15am-3pm	\$20
<b>Petosa Accordion Museum</b>	<b>Seattle</b>
Wed Jan 18 9:30am-2pm	\$11
<b>The King and I, 5th Ave Theater</b>	<b>Seattle</b>
Wed Jan 25 6-10pm	\$93
<b>Holocaust Ctr for Humanity Museum</b>	<b>Seattle</b>
Wed Feb 1 9:15am-2:30pm	\$16
<b>Volunteer Park Conservatory</b>	<b>Seattle</b>
Wed Feb 8 9:15-2:30pm	\$20
<b>Wine Tasting Lunch &amp; Tour</b>	<b>So. Seattle CC</b>
Wed Feb 15 10am-3pm	\$17
<b>Redhook Brewery Tour &amp; Lunch</b>	<b>Woodinville</b>
Wed Feb 22 10am-3:30pm	\$16
<b>Duwamish Long House Tour</b>	<b>Seattle</b>
Wed Mar 1 9:15am-2:30pm	\$15
<b>Seattle Underground Tour</b>	<b>Seattle</b>
Wed Mar 8 9am-2pm	\$30
<b>Historic Churches Tour</b>	<b>Seattle</b>
Wed Mar 15 8:45am-3pm	\$15
<b>Teatro Zinzani Matinee</b>	<b>Seattle</b>
Sun Mar 26 10:30am-3pm	\$90
<b>Wings over Washington</b>	<b>Seattle</b>
Wed Mar 22 10:30am-3pm	\$27
<b>Benaroya Family Art Collection</b>	<b>Tacoma Art Museum</b>
Wed Mar 29 10:15am-3pm	\$25
<b>North Bend Premium Outlet Mall</b>	<b>North Bend</b>
Wed Apr 5 9:30am-4pm	\$11
<b>Signed Sealed Delivered Stevie Wonder Tribute</b>	<b>Auburn Avenue Dinner Theatre</b>
Sat Apr 29 6:30-10pm	\$30

## EXTENDED OUTINGS

Hosted by the Washington State Association of Senior Centers, brochures with full details are available at the Des Moines Activity Center. Call 206-878-1642 for more details, the trip brochure or instructions on how to sign-up.

### 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, Plimoth Plantation, Cape Cod, Hyannis, Nantucket, Martha's Vineyard, Provincetown, While Watch or Sand dunes, Lobster Dining.

Price includes roundtrip airfare, air taxes & Fees/Surcharges and Hotel Transfers. 8-days, 11-meals. Questions? Call Des Moines Activity Center, 206-878-1642



### 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. Nine (9) days and 10 meals.



### WSASC Travel Presentation January 31, 1pm at Tukwila Community Center

We will load up a bus and visit Tukwila Community Center to hear Collette Travel present details on ALL of the 2017 Washington State Association of Senior Center trips. If you wish to join us, call 206-878-1642 to reserve your space on the bus. Proceeds from the WSASC trips benefit YOUR Senior Activity Center!!



# Recreation Scholarships

**THE BENEFITS ARE ENDLESS!**

**Call 206-870-6527 for information**



**Friendship**



**Fitness**



**Fun**

The City of Des Moines Parks Recreation and Senior Services strives to make all programs and activities accessible to all people regardless of income. Scholarships will be granted on a percentage discount, depending on individual circumstances. All information will remain confidential. To be eligible for a scholarship, you must reside within the city limits of Des Moines, WA and meet the family size/yearly income requirements. Applicants meeting eligibility guidelines are awarded up to \$150 per quarter per calendar year. Eligible residents will be required to provide proof of identification, residency, and income. Scholarship applicants must be approved prior to registration.

La Ciudad de Des Moines Parques de Recreación y Servicios para Personas Mayores se esfuerza por hacer que todos los programas y actividades sean accesibles a todas las personas independientemente de sus ingresos. Las becas se otorgarán con un descuento porcentual, dependiendo de las circunstancias individuales. Toda la información permanecerá confidencial. Para ser elegible Para una beca, debe residir dentro de los límites de la ciudad de Des Moines, WA y cumplir con el tamaño de la familia / ingresos anuales. Reunión de solicitantes Las pautas de elegibilidad se otorgan hasta \$ 150 por trimestre por año calendario. Los residentes elegibles deberán presentar prueba de identificación, residencia, Y los ingresos. Los solicitantes de becas deben ser aprobados antes del registro.

Household Size	1	2	3	4	5	6	7	8
50% Discount	\$21,987	\$29,637	\$37,296	\$44,955	\$52,614	\$60,273	\$67,951	\$75,647
75% Discount	\$18,711	\$25,232	\$31,752	\$38,273	\$44,793	\$51,314	\$57,850	\$64,402
90% Discount	\$15,444	\$20,826	\$26,208	\$31,590	\$36,972	\$42,354	\$47,749	\$53,157

**Example: If your family size is 2 and your income is \$20,826 or less, you are eligible for a 90% scholarship.**

\* Acceptable forms of back-up information: Proof of Identity: driver's license, ID card, or passport. Proof of Residence: utility bill or rental lease agreement. Proof of Income: most current tax return, most current paycheck stub, DSHS check stub, SSI statement.\*

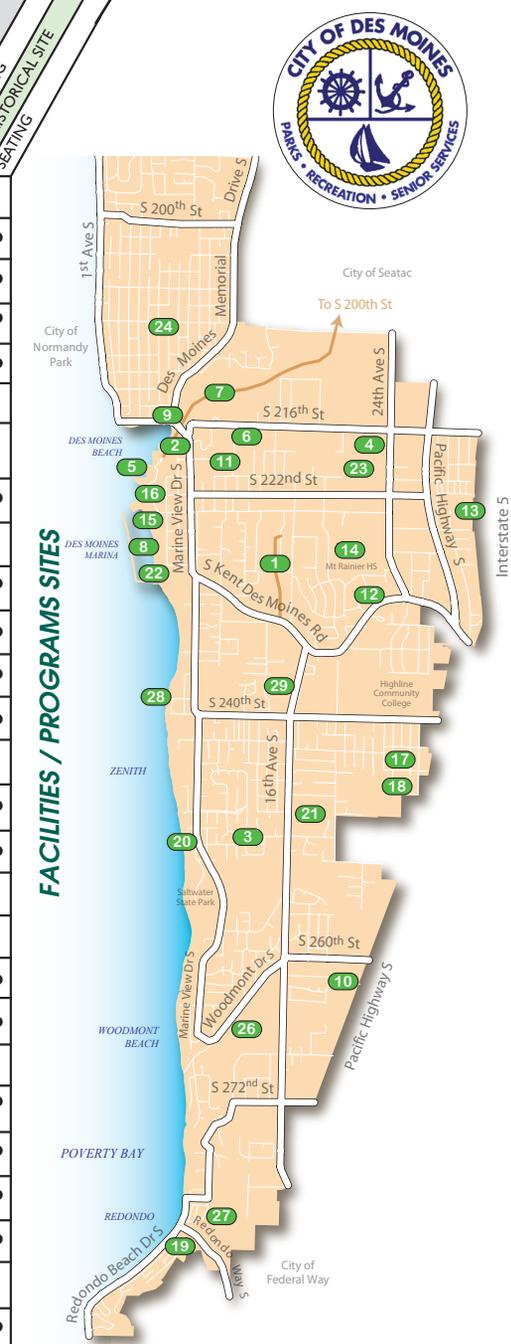
# Rec'n Roll

## Des Moines Parks, Recreation and Senior Services



www.desmoineswa.gov | Recreation 206-870-6527 | Senior Services 206-878-1642 | Meeting & Facility Rental 206-870-9370

Parks & Recreation Offices		Acreage	PLAY AREA	BALLFIELDS	RESTROOMS	PICNICKING	BASKETBALL	FISHING PIER/BOARDWALK	TENNIS COURTS	NATURAL AREAS/TRAILS	RECREATION CENTER	WALKING PATH	SCENIC VIEW	BOAT MOORAGE/LAUNCH	PARKING	BICYCLING	FACILITY RENTAL	BEACH	SKATEBOARDING	ART / HISTORICAL SITE	SEATING	
FIELD HOUSE	ACTIVITY CENTER																					
1	<b>Barnes Creek Trail</b> Kent-Des Moines Road to 15th Ave. S.	1.2																				
2	<b>Big Catch Plaza</b> SW corner of S. 216th & Marine View Dr. S.	0.2																				
3	<b>Cecil Powell Park</b> 250th & 13th Pl. S.	0.2																				
4	<b>Des Moines Activity Center</b> 2045 S. 216th Street																					
5	<b>Des Moines Beach Park-Historic District</b> 22030 Cliff Ave. S.	19.6																				
6	<b>Des Moines City Hall</b> 21630 11th Ave. S.	N/A																				
7	<b>Des Moines Creek Trail</b> Access at S. 200th St. (SeaTac), 18th Ave. S. & 216th St. and 13th Ave. S. & S. 211th St.	9.58																				
8	<b>Des Moines Marina</b> 22307 Dock Ave. S.	45																				
9	<b>Des Moines Memorial Park</b> Marine View Dr. S. & Des Moines Memorial Dr.	0.1																				
10	<b>Dr. Shirley B Gordon Park</b> 2194 S 262nd Ct.	0.86																				
11	<b>Field House Park/Community Center</b> 1000 S. 220th St.	5.2																				
12	<b>Kiddie / City Park</b> S. 230th St. & 21st Ave. S.	3.2																				
13	<b>Midway Park</b> S. 221st & 29th Ave. S.	1.6																				
14	<b>Mt. Rainier Pool</b> 22722 19th Ave. S.																					
15	<b>Overlook I Park</b> Corner of S. 223rd & Cliff Ave. S.	0.1																				
16	<b>Overlook II Park</b> S. 222nd & 5th Ave. S.	0.5																				
17	<b>Parkside Park</b> S.244th St. & 25th Ave. S.	4.4																				
18	<b>Parkside Wetlands</b> 248th St. & 26th Ave.	14																				
19	<b>Redondo Pier, Boat Launch &amp; Boardwalk</b> Redondo Beach Dr. & Redondo Way	2.79																				
20	<b>S. 251st Park</b> S. 251st St. and Marine View Dr. S.	5.5																				
21	<b>Sonju Park</b> 24728 16th Ave. S.	9.3																				
22	<b>South Marina Park</b> NE corner of S. 227th & Dock Ave. S.	0.8																				
23	<b>Steven J. Underwood Memorial Park</b> 21800 20th Avenue South	20.5																				
24	<b>Water Tower Park</b> 208th between 5th & 6th	1.34																				
25	<b>Westwood Park</b> 6th Ave. S. & S. 192nd St.	1.34																				
26	<b>Woodmont Park</b> Woodmont Dr. S. & 12th Ave. S.	8.7																				
27	<b>Wooton Park</b> 28202 S. 9th Ave.	2.3																				
28	<b>Zenith Overlook/Beach Access</b> NW corner of S. 239th & Marine View Dr. S.	0.1																				
29	<b>Zenith Park</b> NW corner of S. 240th & 16th Ave. S.	5.5																				



## REGISTRATION INFORMATION

### PARKS AND RECREATION ADMINISTRATIVE OFFICE

1000 South 220<sup>th</sup> Street  
Des Moines WA 98198  
206-870-6527  
TDD Line: 206-824-6024  
Fax: 206-870-6587  
recreation@desmoineswa.gov  
www.recreation@desmoineswa.gov  
Hours: Monday – Friday, 8am-6pm

### DES MOINES ACTIVITY CENTER OFFICE SENIOR SERVICES

2045 S 216<sup>th</sup> Street  
Des Moines WA 98198  
PO Box 98576  
206-878-1642  
Fax 206-878-2260  
seniors@desmoineswa.gov  
www.seniors@desmoineswa.gov  
Hours: Monday – Friday, 9am-4pm

#### Resident Priority:

Effective January 1, 2010, the City of Des Moines implemented a Resident Discount Policy offering residents discounted fees for recreation programs. Non-residents and city residents who choose not to provide proof of residency will be assessed the full fee for programs.

The Resident Discount ("RD") Fee is available to residents living within the City of Des Moines' jurisdictional boundaries and Senior Adults. To qualify for the "RD" Fee participants must provide proof of residency such as: Valid picture ID with a Des Moines address, Valid picture ID accompanied by

a utility bill with their Des Moines Address. Sports Teams qualify for the "RD" Fee when 51% of their players are Des Moines residents (proof of residency will be requested.)

The full program fee will be charged to participants who are not Des Moines residents or choose not to provide proof of residency. Questions related to residency should be directed to 206-870-6527.

#### HOW TO REGISTER:

**Walk-in:** Check, Cash, Visa/MasterCard.

**Phone:** Visa/Mastercard.

**Mail-in:** Registration Form with payment by check or Visa/MasterCard information.

Registration forms are available in the offices or online at [www.desmoineswa.gov/recreation/forms](http://www.desmoineswa.gov/recreation/forms)

#### 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/Cancellations:

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 start date. The administrative fee will be waived if you opt for a credit to be used for another course/program. Credits must be used by the close of each calendar year.

No refund will be issued for:

- Programs costing \$10 or less.
- Programs where admission fee was purchased in advance.
- Special Events.

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

#### Disclaimer:

Every effort is made to ensure that the information in this Recreation Guide is accurate. Because policies, personnel and funding can change, DMPR&SS reserves the right to amend or modify programs.

#### Accommodation of Disabilities:

The City of Des Moines is committed to accommodating citizens with disabilities and special needs. Des Moines Parks, Recreation and Senior Services will make every reasonable effort to ensure that programs are accessible. If you need assistance participating in our programs, please call us at 206-870-6527. TTY/TTD 206-824-6024.

#### Gender Equity Statement:

The City of Des Moines complies with the State of Washington's "Fair Play in Community Sports Act" (Chapter 467, 2009 Laws, effective July 26, 2009) that prohibits discrimination against any person on the basis of sex in the operation, conduct or administration of community athletics programs. Third parties, who contract with or receive leases or permits from the City of Des Moines for a community athletic program, are also prohibited from

### HOLIDAY CLOSURES

Mon, Jan 2, Mon, Jan 16  
Mon, Feb 20

discriminating on the basis of sex.

If you have questions or comments contact Patrice Thorell, Parks, Recreation and Senior Services Director.

#### Inclement Weather:

During periods of inclement weather radio stations will report school closures and changes. Please listen for the Highline School District report. For programs held in Federal Way schools, listen for the Federal Way School District report.

**School Closed:** All Des Moines Recreation & Senior Services Department programs are cancelled.

#### School Open/1-hour Late Arrival:

Recreation programs will operate as scheduled. Senior programs prior to 10am are cancelled. Senior programs held after 10am – call 206-878-1642 for updated information.

#### School Open/2-hour Late Arrival:

All recreation and senior programs held prior to 11am are cancelled. Recreation programs held after 11am will be scheduled as usual. Senior programs held after 11am – call 206-878-6527 for updated information. When inclement weather occurs during school holidays, evenings or weekends, call 206-870-6527 or 206-878-1642 (Senior Programs) for updated information.

Are you ready  
to say 'I do?'



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PARK  
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206-870-9370 - [WWW.BEACHPARKEVENTCENTER.COM](http://WWW.BEACHPARKEVENTCENTER.COM)



DES MOINES



# CITY CURRENTS

WINTER 2017

## ASK AND ECOLOGIST

### Journey of Des Moines Creek Salmon

## DES MOINES

### Activity Center Fun, Fitness and Fellowship

## REDEDICATION

### Redondo Boardwalk

PRSR1 STD  
US Postage Paid  
Seattle, WA  
Permit No. 1123

ECRWSS  
Postal Customer