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Changes to City Sign
Code to Promote
Economic Development

Commercial and
Multi-family Property
CLEAN UP
Club KHAOS tackles
CHILDHOOD OBESITY
Des Moines PD
UPDATE FROM
THE CHIEF

INSIDE

DEC 2013

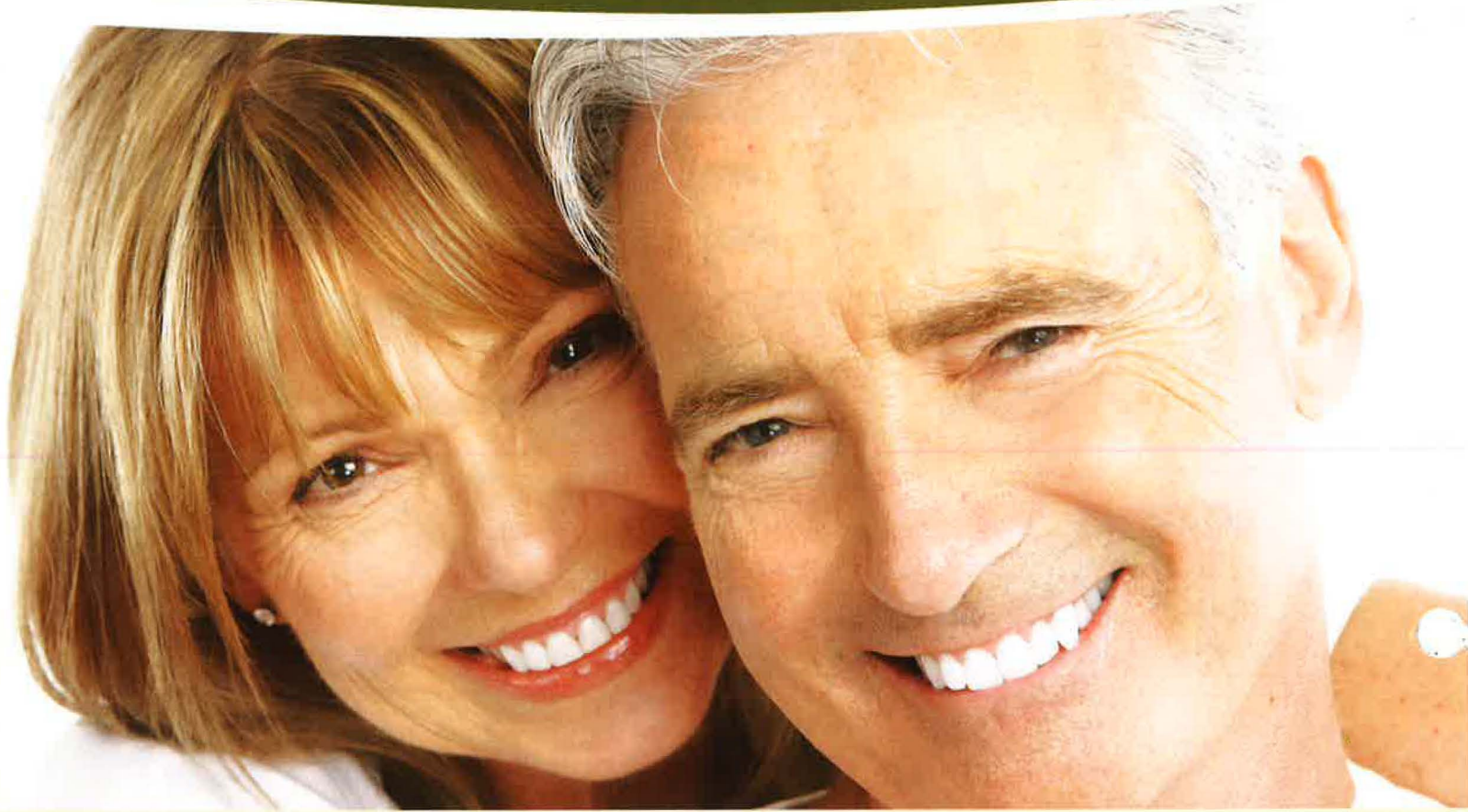
CITY CURRENTS

DES MOINES

Des Moines Parks, Recreation & Senior Services GUIDE BACK



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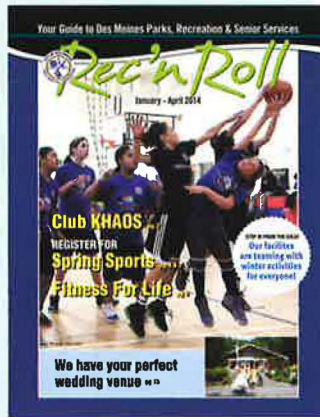
On the flip side...



Your Guide to Des Moines Parks, Recreation & Senior Services

Flip the magazine over to check out the winter schedule. Don't miss:

- Club Khaos spring break and conferences schedule
- Youth Soccer and Tee-ball registration
- Cupid Ball or Shamrock Shake dance for teens
- Fitness classes for the new year
- New Year's Eve potluck for Seniors
- Fun Senior outings – as close as downtown Seattle or as far as New York City!



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Cover photo by Carmen Scott

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Mailed to more than 22,000 residents, Des Moines City Currents and Rec n' Roll magazine offers an exciting new communication tool for the City — and an efficient marketing venue for your business! Spring publishes in April. Contact Philips Publishing Group at 206-284-8285 to place your ad or for more information.



Celebrate the Holidays in Des Moines

WHEN YOU THINK OF HOLIDAY SHOPPING, do you think of local merchants? Buying gifts locally is an opportunity to support our Des Moines community – particularly given the recent water system shutdown that took a toll on area businesses. Many, such as restaurants, are still recovering.

So celebrate the Holiday Season in Des Moines this year. What family member wouldn't appreciate a gift card to one of our terrific seafood restaurants? Ladies in the family will enjoy the great salon services, such as manicures, pedicures, and massages. Our local yarn shop, quilt shop or book store (with collector comics) may be a perfect match for various enthusiasts on your list.

"Dad" can be a challenge to shop for, but he would probably love the smoked salmon at the gourmet meat market. Espresso gift cards are another great 'one-size-fits-all' suggestion. For little ones, local drug stores are full of toys and stocking stuffers, along with an enormous selection of gifts for grown-ups. Our merchants will find something for every budget, hand them your list and let them do the rest!

Stay "home" for the holidays this year. When our Des Moines small businesses succeed, everyone wins!



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With a few pesos in his pocket and unable to speak a word of English, Jose (Pepe) Ramos, arrived in Seattle in 1973 to begin work as a dishwasher in his cousin's restaurant. Ramos' father had just died and it was Ramos' obligation as the eldest of five children to ensure the well being of his mother and his four siblings. He worked a 4 to 11 a.m. shift at Todd Shipyard and then arrived to his second job at the restaurant. From dishwasher to cook to chef, Ramos also worked hard at learning English. After saving \$1,000, and with his cousin's blessing, Ramos opened a small 24 seat restaurant in Burien in 1974.

In 2005, his daughter and son-in-law, Angela and Matt, took over the Burien Azteca in an effort to continue his dream of providing good food, good service, and a "family" atmosphere.

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With the holiday season approaching let us host your holiday party. We have 3 areas available for large groups with no deposit required. You can go online to inquire/book a room at: www.aztecamex.com/burien.

Downstairs "Fiesta Room": A minimum of 25 people is needed to fully reserve this room. The max seated capacity is 50 people. The food and beverage minimum is \$250.

Upstairs "Banquet Room": A minimum of 35 people is needed to fully reserve this room. The max seated capacity depends on configuration of tables. The food and beverage minimum is \$350. This room is set up with a t.v. and dvd player. Laptops are able to be hooked up for presentations. Restrooms & elevator access upstairs lead directly to this room.

Upstairs "L Room": A minimum of 25 people is needed to fully reserve this room. The max seated capacity is 40 people including tables and stationary booths. The food and beverage minimum is \$250. Restrooms & elevator access upstairs depends on if the Banquet Room is reserved.



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Not valid on Holidays.*

DES MOINES DIRECTORY

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Monday – Friday
8am – 4:30pm
www.desmoineswa.gov



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City Offices

City Attorney 206-870-6553
City Clerk 206-870-6519
City Manager 206-870-6541
Planning/Building 206-870-7576
Engineering 206-870-6522
Facilities Rentals 206-870-9370
Finance Director 206-870-6512
Marina 206-824-5700
Municipal Court 206-878-4597
Parks Administration 206-870-6527
Police Department 206-878-3301
Public Works/Park Maintenance 206-870-6559
Recreation 206-870-6527
Senior Services 206-878-1642

Other Numbers

Emergency 911
Animal Control 206-870-6549
Field House 206-870-6527
Fire (non-emergency) 253-839-6234
Library, Des Moines 206-824-6066
Library, Woodmont 253-839-0121
Police Dispatch (non-emergency) 206-878-2121

Utilities and Services

Century Link 800-573-1311
CleanScapes 206-762-4900
Comcast 877-778-7008
Highline Water District 206-824-0375
Lakehaven Wtr/Sewer 253-941-1516
Midway Sewer District 206-824-4960
Puget Sound Energy 800-321-4123
SW Suburban Sewer 206-244-9575
Water District #54 206-878-7210

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City Council Highlights from Mid-July – Mid-November Ordinance 1569-1585 Resolution 1238-1242

Held Public Hearings:

- Sign Code Changes.
- Planning Agency Dissolution.
- Pacific Ridge Zone.
- Parking Code.
- Business Park Zone Permitted Uses.

Approved the following action:

- Surplus of computer equipment.
- Vacation Yukon Street Right-of-Way; Ordinance No. 1569.
- Amended DMMC 9.28.010 adopting state statutes by reference relating to controlled substances and drugs; Ordinance No. 1570.
- Dissolution of the City's Planning Agency, effective January 1, 2014; Ordinance No. 1571.
- Amended DMMC 18.08 and 18.42 to clarify public readerboards signs; Ordinance No. 1572.
- Amended DMMC 17.36.050 relating to the construction of street system improvements on rights-of-way abutting a subdivision; Ordinance No. 1573.
- Added and codified a new section to chapter 11.12 DMMC, Final Report for the Stormwater Rate Structure Study – July, 2013; Ordinance No. 1574.
- Added a new section to Chapter 18.25 DMMC, codifying new sections and amending the B-P Business Park Zone permitted uses codified in chapter 18.25 DMMC; Ordinance No. 1575.
- Adopted a new zoning map, repealed chapter 18.31 DMMC and all underlying ordinances, replacing chapter 18.31 DMMC as "Pacific Ridge Zone"; Ordinance No. 1576.
- Amended DMMC 18.44.040, 18.44.060, 18.44.097, 18.44.099 and 18.44.110, Des Moines Parking Code; Ordinance No. 1577.
- Replaced Title 12 DMMC and repealed the previously codified provision of Title 12 DMMC related to streets, sidewalks and public places; Ordinance No. 1578.

CITY OF DES MOINES HOLIDAY HOURS

Christmas Eve 8:00 am – 12:00 noon
Christmas Day Closed
New Years Eve 8:00 am – 4:30 pm
New Years Day Closed

- Amended DMMC 18.44.070, Compact Car Allowance; Ordinance No. 1579.
- Repealed Chapter 13.08 DMMC related to fire hydrants and water mains; Ordinance No. 1580.
- Replaced Title 14 DMMC and repealed the previously codified provisions of Title 14 DMMC related to buildings and construction; Ordinance No. 1581.
- Budget Amendments for 2013; Ordinance No. 1582.
- Replaced Title 16 DMMC and repealed the previously codified provisions of Title 16 DMMC related to the environment; Ordinance No. 1583.
- Adopted the Commute Trip Reduction (CTR) Plan; Ordinance No. 1584.
- Replaced Title 17 DMMC and repealed the previously codified provisions of Title 17 DMMC related to subdivisions; Ordinance No. 1585.

Other Action Taken:

- Supported the Ahmadiyya Muslim Community Blood Drive in Support of Public Safety.
- Mayoral Proclamation supporting National Recovery Month.
- Mayoral Call for Spirit of Des Moines Award Nominations and Committee Members.
- Recognition of Day of Concern for the Hungry.

DES MOINES CITY COUNCIL



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Mayor

Matt Pina
Mayor Pro Tem

Jeanette Burrage
Councilmember



Melissa Musser
Councilmember

Carmen Scott
Councilmember

Bob Sheckler
Councilmember



Jeremy Nutting
Councilmember

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1st, 2nd and 4th
Thursdays at 7pm



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City's Sign Code Changed to Promote More Economic Development

THE DES MOINES CITY COUNCIL APPROVED 12 CHANGES TO THE CITY'S SIGN CODE on August 8, 2013 following two public hearings. The Sign Code ordinance was proposed to promote economic development, help businesses communicate their services more effectively, and to assist the City, schools and churches in keeping the community better informed. The changes resulted from a 9-month effort by the Council's Finance and Economic Development Committee working with property owners, businesses and developers to improve the City's economy.

"I am delighted that the City Council adopted these changes. This is one of three significant economic development-related municipal code changes made in 2013" said Mayor Pro-Tem Matt Pina, Chair of the Finance and Economic Development

Committee. Public hearings for changes to the City's Pacific Ridge Zone and Parking regulations were held on August 8th and adopted on September 12th. "Together these changes should make it much easier for existing business to grow and for new businesses to develop" he added.

A key change to the Sign Code included provisions for City-operated 32 square foot reader board signs communicating information about City services, community events and emergency management. The first such reader board sign will be installed later this year in conjunction with the Transportation Gateway improvement on South 216th Street at the entrance to the Des Moines Activity Center and financed in large part by private funds.

Churches, schools and community



centers will also be allowed to install freestanding signs up to 10 feet tall, 80 square feet in area, including up to 32 square feet for electronic reader board signs.

Other changes included:

- Increasing the size of business identification signs from 4 to 36 square feet.
- Doubling the size of on-premises bulletin boards to 24 square feet.
- Allowing a single 12 square foot off premises sign when none was previously permitted.
- Permitting roof signs under certain height conditions for Pacific Ridge businesses.
- Increasing the area size for freestanding signs from 80 to 100 square feet.
- Increasing the height for free standing signs from 15 to 20 feet, with administrative flexibility for the City Manager to approve taller signs under certain site conditions.
- Eliminating the general prohibition for off premises signs.
- Doubling the size of single business property wall signs - increasing the maximum size from 100 to 200 square feet depending on the length of street frontage.
- Eliminating technical provisions which will allow internally illuminated signs to be more easily seen at night.
- Allowing realtors to have more directional signs in place longer on the days of their open houses.

For more details on these changes, please contact Planner Nikole Coleman-Porter at (206) 870-6551, Economic Development Manager Marion Yoshino at (206) 870-6725, refer to the adopted Sign Code Ordinance 1572 on the City's Website at <http://www.desmoineswa.gov/Archive.aspx?AMID=48>, or review the codified updated Sign Code, DMMC 18.42 at <http://www.codepublishing.com/wa/desmoines/>.

"This is one of three significant economic development-related municipal code changes made in 2013." - MAYOR PRO TEM PINA



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Commercial and Multi-family Property Clean up

IN RESPONSE TO COMPLAINTS FROM LOCAL BUSINESS OWNERS AND CITIZENS, the City Council passed Ordinance 13-105 adopting a section of the International Property Maintenance Code pertaining to the outside appearance of commercial and multifamily property.

As part of the City's emphasis on economic development, Code Enforcement will be using this new tool along with existing city code to conduct a proactive emphasis in the Marina District and along the Pacific Highway corridor to encourage improvements to the commercial and multi-family properties in these areas.

Below is a list of the code compliance issues we have asked our code enforcement

officer to pay particular attention to:

Outside Appearance – The newly adopted portion of the code requires the exterior of the building be properly maintained. This includes:

- A visible address
- All non- decay resistant wood and metal that is subject to rust be painted
- No peeling paint or oxidation stains

Garbage – Commercial and multi-family properties must have garbage service. Per the code, garbage should be inside an enclosure and the container must have a lid

Landscaping – The code requires the landscaping be maintained, not blocking the sidewalk or right of way and that weeds be no higher than 12 inches.

Signage – We will be checking for abandoned signs and to assure that banners have the appropriate permits. (Banner permits are issued at no cost).

Parking Lot Usage – Junk vehicles and recreational vehicles cannot be stored on commercial properties, nor may the business allow more vehicles than the allotted parking space. In addition to those listed above, each business must have a valid City of Des Moines Business License. Questions about business licenses can be directed to 206-870-6535. Fines for the violations vary, but can be up to \$513.00 per violation.

Puget Sound Starts Here!

AS WE ALL KNOW, SUMMER IS GONE AND RAIN HAS RETURNED. Rain is part of our life in the Pacific Northwest. Stormwater runoff is rain or snowmelt that flows from pavement areas, rooftops, and lawns into the nearest stream, creek, catch basin, or directly to Puget Sound, mostly without any treatment. Stormwater runoff poses a high risk to Puget Sound because it can transport everything in its way, such as petroleum products, pesticides, animal waste, and construction runoff. These materials contribute to algae blooms, habitat degradation, and decreased water quality.

The City of Des Moines has joined with the Puget Sound Starts Here Statewide Campaign to

keep pollutants out of our waterways. Everyone can help by adopting these simple habits into their daily life:

- Use moderate fertilizer on your lawn.
- Make sure all garbage is placed into lidded containers and protected from rainfall.
- Scoop up after your pet.
- Recycle your yard waste and do not dump yard debris or grass clippings near streams.
- Report any spills, water discoloration, or water sheen.

To report illicit discharges, spills, or dumping, please call 206-870-6869 or the after-hours hotline at 206-550-5612.



It's getting to be that time of the year

WINTER IS UPON US! With that, the City of Des Moines is preparing for adverse weather. In addition to plow trucks, sanders, and de-icing equipment, the City has prepared the Snow Tracker. The Snow Tracker is a program designed to keep record of the City's response to snow and ice and provide the public with vital roadway condition information. Here is what the City's new system can do for you:

The Snow Tracker is designed to quickly share vital adverse weather information with the public.

The Snow Tracker provides a map update to the city website every five minutes

The map can be found here: <http://desmoineswa.gov/index.aspx?nid=205>

As the temperature drops and Mother Nature starts thinking of ways to snarl our traffic, take solace in the fact that the City of Des Moines is doing everything it can to keep the roadways open and safe.

Bow Lake Recycling And Transfer Station Reopens For Recycling

King County has completed the construction of a new facility at the Bow Lake Recycling and Transfer Station, located at 18800 Orillia Road South in Tukwila, just northeast of Des Moines. While garbage was still accepted during construction, recycling services were suspended or limited starting in 2009. A grand opening ceremony was held on October 8th with King County Executive Dow Constantine on hand to rededicate the facility. The new facility is projected to receive a Gold-level certification through the Leadership in Energy and Environmental Design (LEED) rating system.



Photos by Laura Techico

Accepted items include:

- Appliances
- Cardboard
- Clean Wood
- Glass
- Paper
- Scrap Metal
- Textiles
- Tin/aluminum/plastic
- Yard Waste
- Bicycles & bicycle parts
- Scrap Metal
- Medical sharps

Recycle area hours are:

- Monday through Friday
6 a.m. – 8 p.m.
- Saturday & Sunday
8:30 a.m. – 5:30 p.m.

Additional Information

King County solid waste services
www.kingcounty.gov/solidwaste
 Des Moines Curbside services
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 or 206-762-4900.



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Winter classes begin January 6, 2014
Spring classes begin March 31, 2014

Club KHAOS tackles childhood obesity

ACCORDING TO THE CENTERS FOR DISEASE CONTROL, approximately 17% (or 12.5 million) of children and adolescents aged 2-19 years are obese. The City of Des Moines Recreation Department is stepping up to the plate and piloting a new physical fitness program called K-FIT, currently being implemented at Club KHAOS (Kids Having an Outrageous School Year) before and after school programs.

Through a Communities Putting Prevention to Work (CPPW) grant received in the spring of 2013, Sue Anderson and our department have been working to put a stop to childhood obesity. This year, the City of Des Moines Recreation Department is working to show children how play improves their fitness and why it is so important through the FAB 5.

A program developed by Focused Fitness, FAB 5 is a cousin program to Five for Life, a new physical education curriculum to be implemented by the Highline School District in the fall of 2014. With the FAB 5 characters, Cardio Kid (cardio respiratory endurance), BC (body composition), Max (muscular strength), Maddy (muscular endurance), and Flexy (flexibility), children can connect the dots and see how activity contributes to these five key components.

CLUB KHAOS participants at local elementary schools play games where every child is engaged, moving, and learning about health components. While attending Des Moines Elementary during a K-FIT game called Risk Factor 4 Square, children were quizzed about different risk factors for health. During a pause, one team (chosen based on who had a particular numbered ball) was asked a question drawn from a hat. "Poor nutrition is a risk factor because?" asked our Recreation Leader Brittany Liebhart. After huddling with team #2, the children confidently responded with, "It is bad for your heart and you will become obese."

Hearing the children verbalize the vocabulary in the curriculum is a demonstration of its ability to get kids on board with ideas of what health is and how it



Top: CLUB KHAOS Risk Factor 4Square
Bottom: The Fab Five Characters provide a visual for the Five components of health



fits in to their life.

After interviewing a handful of other kids in our program, here is what they had to say about it:

"You learn about not smoking and it can give you cancer and affects your breathing."

"You get sweaty."

"I like learning new games."

"I like throwing balls to get more energy."

We are really excited about this new program and aim to set the physical fitness activity standard for our state. Physical activity matters because it prevents diseases like obesity, heart disease, diabetes, and some cancers. It also helps children learn! We are changing the culture of fitness with children by showing them exactly how developing healthy habits now will allow them to be successful throughout life.

If you are interested in finding out how your child can get in on K-FIT fun, please call Cassie Swan, at 206-870-6582. Programs run from school dismissal to 6pm with K-FIT taking place at 5pm. Parents can run errands while children are burning off pent up energy. It is so much fun; kids often don't want to leave!



NEW City Employee Recognition Program

Would you like the City of Des Moines to know about a City Employee that has gone beyond the call of duty for you? Visit our website at www.desmoineswa.gov and click on the link on the home page under City News.

Committee Positions Open

Human Services Advisory Committee Position

The City of Des Moines is now accepting applications for one opening on its Human Services Advisory Committee. This seven-member committee advises the Des Moines City Council on human services issues in our community and makes recommendations for human services funding. The position is for a three-year term. The Committee meets approximately six times a year. For more details, or to ask for an application, please call Sue Padden, 206-878-1642.

Three Openings on Senior Services Advisory Committee

The City of Des Moines has three openings on its Senior Services Advisory Committee. The purpose of the senior services advisory committee is to advise the City Council on policy and budgetary subjects related to senior services. The committee terms for the two vacancies are two years and one committee opening term is a four-year term. Committee members may serve a maximum of two full terms. The committee meets approximately six times per year. For more information, or for an application, please contact Sue Padden, Senior Services Manager at 206-870-6584.



When Brady isn't swinging his driver, he's driving the Hyde shuttle



More Volunteer Drivers Needed!

Our volunteer drivers live active, full lives, and the Hyde Shuttles ensure that seniors and folks with disabilities can live active lives as well. Whatever your interests, hobbies, or passions, you can make a difference. Come join Brady and our team of valuable and compassionate Hyde Shuttle volunteers to give back to the Des Moines/Normandy Park community! It will become your new favorite pastime.

To volunteer or for more information, please contact us at (206) 748-7588 or hilaryc@seniorservices.org.

Give Paper A New Life



Paper and recycling were made for each other! Paper is one of the easiest-to-recycle materials, but lots of it still ends up in the garbage. Follow these tips at home to kick your paper recycling up a notch.

RECYCLE IT ALL. Just about any paper can be recycled so long as it is clean – for example, no food, motor oil, cleaning chemicals or paint.

MAKE IT CONVENIENT. Use a reusable container such as a box, basket or bag to collect junk mail, magazines, newspaper, empty paper cups, frozen food boxes, printer rejects and other paper you no longer need.

REUSE OR FLATTEN. Save your best cardboard boxes to use again. For boxes headed to the recycling cart, flatten them first to make room for other recyclables.

DON'T WORRY ABOUT WINDOWS OR TAPE. Envelopes with transparent windows can still be recycled, as can paper with staples or a little bit of tape.

KNOW WHERE TO GO. A few types of paper – including shredded paper, pizza boxes and other food-soiled paper such as napkins and dirty paper plates – don't go in your recycling cart. Put those in your food and yard waste cart for composting.

INCLUDE CARTONS AND CUPS. Empty milk and soy milk cartons, juice boxes and paper cups can all go in your recycling cart. Just rinse and toss them in.

QUESTIONS? Visit www.cleanscapes.com/des-moines or call 206-762-4900.

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EVENTS

ARGOSY CHRISTMAS CRUISE SHIP & BONFIRE

Join revelers to watch the decorated Argosy Christmas ships anchor offshore for an amplified caroling session with local performers. Dress for a chilly winter evening!

Thurs, Dec 12

Redondo, Bonfire at 8:45pm
Ship Appearance 9pm

Wed, Dec 18

Beach Park, Bonfire at 6:45pm
Ship Appearance 7:20pm



POVERTY BAY Wedding Open House

February 6, 2014,
5:30pm to 8:30pm

Beach Park Event Center Auditorium
22030 Cliff Ave S.
Des Moines WA 98198
206.870.9370
RSVP via bridesclub.com under the "expos" tab

Winter Fireside Chats

We continue our informative and interesting Fireside Chats at Des Moines Activity Center into the New Year. Local community leaders are invited to the center to answer questions and provide information on their area of expertise and the services they coordinate.

OUR WINTER FIRESIDE CHATS ARE AS FOLLOWS:

Patrice Thorell, City of Des Moines Parks, Recreation, and Senior Services Director

Patrice will share the great news on the improvements to the Dining Hall in the Des Moines Beach Park Historic District and discuss the importance of volunteers for critical community parks, recreation, and senior services projects.
Tuesday, Jan. 28, 11:30am

Kris Van Gasken, Des Moines Area Food Bank

Kris will share about food insecurity in our community and how the food bank is working to alleviate hunger in the area. Come learn more about the importance of food for children's health and education and learn how many local organizations and volunteers are working together to provide kids their best chance to succeed.
Tuesday, March 25, 11:30am

Rikki Marohl, Des Moines Waterfront Farmers Market

Be the first to hear about all the plans for the summer 2014 Des Moines Farmers Market! New vendors, special event themes, and more.
Tuesday, May 20, 11:30am

Open Doors for Kids with a Night Out



ENJOY A NIGHT OUT and join us for a packed house of casino games and good friends, all for a good cause.

Over the course of the last ten years, the annual Sports Night Auction held by the Des Moines Legacy Foundation has raised over \$100,000 for youth scholarships. Many children in Des Moines cannot afford to participate in enriching activities such as Club and Camp KHAOS, youth sports, preschool, and dance classes. These scholarships have allowed kids the awesome opportunity to participate in

programs that inspire them to realize their full potential and discover their gifts in life.

Would you like to be a hero for a Des Moines area child? We have a variety of ways you can help!

Contribute an item or service - feel free to be creative and think of items or experiences you might enjoy such as: spa treatment, lawn services, admission to sporting/entertainment events.

Make a cash donation - even the smallest amount makes a difference.

Attend the event: \$50 per

person or \$375 per table - casino games, auctions, prizes, full buffet, beer & wine.

Des Moines recreation programming aims to reach out to as many area youth as possible. This important auction makes this goal a reality. This year alone, scholarships from this event provided 75 different children life-enriching experiences. Consider making a donation or joining us on **FRIDAY, MARCH 21, 2014** for an unforgettable night out for Des Moines kids! Call 206-870-6527 for information.

DONATE TO THE ARTS

The Des Moines Arts Commission needs your support to help build an outdoor gallery and art walk in the city.

CITY OF DES MOINES

Rotating Sculpture Project Art on Poverty Bay

Contributions in support of this project can be mailed to:
Des Moines Arts Commission - Sculpture Project
1000 South 220th Street, Des Moines, WA 98198





Auction raises \$19k for Des Moines Legacy Foundation

It was a GRAND event at the GRAND OLE' OPRY 14th annual auction for Des Moines Legacy Foundation on Sunday, November 3 at Anthony's Homeport in Des Moines. Over 100 guests enjoyed a delicious executive chef prepared brunch buffet, champagne and many opportunities to support our local seniors and low income youth via the event's silent and live auctions, raffle tickets, Pot of Gold, and more! This year's event raised \$19,000 for the City of Des Moines and Normandy Park senior programs and services and \$9600 for recreation scholarships for Des Moines low-income youth. Want to attend this fun event for a great cause in 2014? Contact Sue Padden, Des Moines Senior Center, 206.870.6584 or Spadden@desmoineswa.gov

The 2013 event would not have been possible without the support of the following sponsors:

LIFETIME ACHIEVEMENT- \$2,000

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VOCAL GROUP OF THE YEAR- \$1,000

Marks and Marks, C.P.A's
Edward Jones-Doug Myers

NEW ARTIST- \$500

Masonic Outreach Services
Carmen Scott

Key Bank Des Moines
Stafford Healthcare- Des Moines
Wesley Homes- Des Moines, LLC

SONG OF THE YEAR- \$250

Comfort Keepers
PAC Stainless, Ltd

Sue Padden and Noel Morgan



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FROM THE CHIEF'S DESK



AT THE SEPTEMBER 26TH CITY COUNCIL MEETING, I spoke to Council and our Community about how the Des Moines Police Department collects crime statistics. Until April 2012,

we reported our crime stats to the FBI using the standard known as the Uniform Crime Report or UCR. The UCR is also known as the Summary Report and was developed and implemented by the FBI in the 1930's.

It was created to provide a consistent reporting standard, so that reliable crime information could be collected and published.

The UCR collects data in 8 crime categories: homicide, forcible rape, robbery, aggravated assault, burglary, larceny, auto theft, and arson. These crimes make up what the UCR refers to as the Part One crimes. The UCR only reports one crime per incident. For example, if someone breaks into a home, then commits an assault and a homicide, only the most serious of the crimes committed would be reported. The method of determining the reported crime is based on the UCR Hierarchy Rule. This

The staff of the Des Moines Police Department is doing all it can to educate and partner with our community to make safety a part of our way of life.



rule ranks the 8 crimes by level of severity, with the most serious crime committed during an incident being reported and published.

In January of 2012, the UCR was replaced by The National Incident Based Reporting System (NIBRS). NIBRS collects data on 49 criminal offenses and arrest data on an additional 10 criminal offenses. NIBRS also collects data on: crime victims, offenders, relationships between parties involved, location and time, weapon use, drug or alcohol use, gang involvement, attempted crimes, and clearance of crimes reported. This data was not previously collected or reported under the UCR method. NIBRS tracks and reports on up to 10 crimes per incident. Taking the earlier example used of someone breaking into a home; all offenses committed would now be reported. NIBRS doesn't follow

the hierarchy rule established for the UCR reporting.

It is estimated by the Federal Government that approximately 9% of incidents involve more than one crime. As a result of this reporting method change, the Federal Government is also predicting an approximate 2 to 4% increase in crimes reported and published for a jurisdiction.

The staff of the Des Moines Police Department is doing all it can to educate and partner with our community to make safety a part of our way of life. The department staff and advisory group members are hard at work putting together an expanded volunteer program. We currently have a strong core of volunteers that assist with administrative functions; however we're moving the program outdoors. We'll soon be starting citizen patrols in neighborhoods and business districts. This is not a move to replace officers, but to enable officers to be more effective in fighting crime. I'm meeting with stakeholders in an effort to create job descriptions that potential volunteers could actively participate in. I'm very excited about the synergistic effect this effort will have on our community alliance building.

On October 9th, Community Service Officer Tonya Seaberry took the lead on the annual Walk to School Day as part of International Walk to School Month. Officer Seaberry and officers from the police department walked with children and their families from the Des Moines Public Library parking lot at 21620 11th Ave S to the Des Moines Elementary on 22001 9th Ave S. A special thanks to the officers from the patrol division, our detective unit, and command staff for taking part in this special event.

On October 26th, Community Service Officer Kory Batterman coordinated and took the lead on the annual prescription take back event. A total of 10 boxes, weighing in at 383 lbs were collected. That is a total of 61 boxes, weighing a total of 2,271 lbs that have been collected by your Des Moines Police Department during the past 7 events in three years. Citizens that dropped off unneeded or outdated medications were extremely appreciative of our involvement in this event. Below is a breakdown of the amounts collected to date. >>

Master Animal Control Officer has two friendly and furry sidekicks

I WOULD LIKE TO INTRODUCE MY NEW PARTNER "Daisy" (her registered name is Black Eyed Susan so we call her Daisy!) Little Miss Daisy is a Papillon and has just turned six months of age; she rides with me in my animal care and control truck each day on duty, and likes to visit folks wherever we go! Many of you have already met her at the Farmers Market and National Night Out Against Crime. We enjoy doing presentations on Dog Bite Prevention and being a Responsible Pet Owner. Daisy is especially popular with babies and toddlers, as she is such a tiny tyke herself (around 6 lbs) that little children are not fearful of her. Daisy also helps me teach Dog Obedience classes at the Fieldhouse. She is currently learning her manners, basic obedience, and she helps with demonstrations to the students.

I also have my Weimaraner "Willow" who is very popular with Citizens. She does many fun activities with me, on and off duty. Willow is a Best-In-Show Champion show dog, she has her Canine Good Citizen title and we are working on additional obedience and agility titles with her. Willow is a wonderful, happy girl and makes friends wherever we go! If you would like one of my girls and me to do a presentation or just a quick visit to your community group, school classroom or local event, please email or call me. I would be happy to speak with you. Thanks!

Master Animal Control Officer J. Magnuson
Desk (206) 870-6549, Main (206) 878-3301
JMagnuson@desmoineswa.gov



MACO Magnuson with Daisy



With Clayton and Willow

- 10/26/13 383 lbs (10 boxes)
- 4/27/13 356 lbs (12 boxes)
- 9/29/12 595 lbs (16 boxes)
- 4/28/12 292 lbs (8 boxes)
- 10/29/11 150 lbs (4 boxes)
- 4/30/11 275 lbs (6 boxes)
- 9/25/10 220 lbs (5 boxes)

I'll wrap up with a quote I recently came across as I ask for your support and feedback on our efforts to create the safest community we can.

"A disciplined approach to problem solving moves a team from wishful thinking to new knowledge, specific countermeasures, and permanent results". Mary Poppendieck

Please feel free to contact me with ideas, questions, comments, or suggestions.

Committed to progress,

Chief George Delgado

gdelgado@desmoineswa.gov

New Des Moines Police NON-EMERGENCY Dispatch Number 206-878-2121

The Des Moines Police Department has a new 10-digit phone number to call when reporting "non-emergency" and not "in progress" type incidents. For these less critical incidents, please call: 206-878-2121. By using the new non-emergency number, the public is ensuring that 911 will be readily available for actual emergencies. Non-emergencies could include reporting a crime that occurred prior and there is no suspect information, animal complaints where the animal is non-aggressive, and situations where emergency services personnel are needed, but there is no danger or life threatening circumstance occurring at the time.

Dial 9-1-1 when a serious medical emergency, any type of fire, a crime in-progress, any suspicious activity, any dangerous and/or life threatening emergency, and any time a person fears for their safety or the safety of others.

If you are not sure if your situation is an emergency, you are encouraged to call 9-1-1.

Some reports, such as lost property, abandoned vehicles, theft and vandalism under \$1,500, and non-injury hit-and-run accidents that occurred in Des Moines, can be made online on the City of Des Moines website at www.desmoineswa.gov by going to "How Do I...?" "Report a..." "Crime Online".

If you need to speak with records or administrative staff, you may still call the main station number at 206-878-3301.

Des Moines Family Dentistry

Dr. Charles Holmes
Dr. Ryo Hosaka



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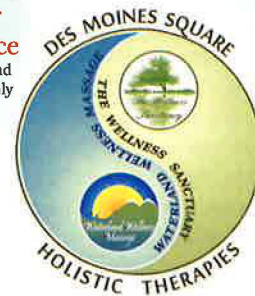
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COMPOSITION • SHAKES • TORCH DOWN

Waterfront Improvements and Operational Changes Contemplated at the Marina and Beach Park in Spring 2014

HAVE YOU EVER WONDERED HOW THE CITY OF DES MOINES IS ABLE TO MAKE IMPROVEMENTS to the Marina and Beach Park facilities and provide services for public use in a tough economic environment? For the short term, the City has met this challenge by reducing staffing levels, deferring operating and maintenance resources, improving efficiencies and by increasing user fees. With the growing use of the facilities, a long term solution is needed to continue and sustain waterfront operations.

The Des Moines Beach Park's historic Auditorium has been rehabilitated with the help of state capital funds and is now a thriving rental venue to events of up to 500 attendees. Rental fees are charged to the users to cover the direct and overhead costs of the use. The historic Dining Hall will be rehabilitated this year also with the help of state capital funding and will be available for event rentals of up to 200 attendees. Rental fees are now being implemented for the use all waterfront venues.

Numerous free and low cost activities will continue in the Beach Park such as



beachcombing, picnicking, summer concerts, outdoor movies, community events and water sports. The park provides access to the Des Moines Creek Trail making it your family friendly place to go for gatherings of all types.

The Marina's newly completed bulkhead, promenade and parking lot improvements are enjoyed by thousands of users on a daily basis. Boaters, fishermen, walkers, cyclists and Farmers Market shoppers as well as their vehicles all converge at the Marina as the community meeting place.

The Marina has businesses and tenants

that generate revenues that pay their way. The many waterfront recreational activities and special events are very important because they create a tourism destination and provide enjoyment to our citizens and visitors. These uses are not helping to cover the cost to maintain and improve these facilities. The long term solution to the preservation of the Marina and Beach Park is to create a revenue stream that will fund the improvements and services our citizens have told us are important:

- safety and security improvements to



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- Robust Activities and Wellness Program
- 24-Hour Staff Assistance
- Activities and Business Center
- Housekeeping and Linen Services
- Scheduled Transportation
- Whirlpool Spa
- Respite Services
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- Pets Welcome

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Memory Care
Responding to growing community needs, construction is underway to offer Today's Memories, our centerpiece of services for those with memory impairment including Alzheimer's disease and other types of dementia. Services will include residential care, adult day care, and adult night specialty programs. Opening Fall 2013!

GREAT LOCATION
Located just a few blocks from Highline Medical Center, shops and restaurants with easy freeway and airport access.

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reduce vandalism and illegal behaviors occurring in the facilities

- renovation of the aging Beach Park and Marina facilities to include: restrooms, bulkheads, walkways, beach access, historic building repairs and play area
- support for community special events

This spring, the city is considering implementing a paid parking and parking permit system for Marina and Beach Park parking lots. Pay stations would be placed conveniently in the Marina's south, central and north parking lots and in the front and back Beach Park lots. A fee schedule would be designed to accommodate the needs of the various users of the facilities.

We want to hear from you! Please attend one of the following information sharing and comment sessions:

- **January 16**, 6:00pm - 7:00pm Des Moines City Hall Council Chambers, 21630 11th Ave. S.
- **January 28**, 11:30am - noon at Des Moines Senior Activity Center, 2045 S. 216th St.

For more information go to www.desmoineswa.gov/payparking or call the Des Moines Marina at 206-824-5700.

Dr. Bae has been named a "SEATTLE TOP DENTIST" by her peers and recognized in the *Seattle Metropolitan Magazine*

Dr. Vivian Bae has been serving the Des Moines/Burien area since 2005. As members of the local community, her office is committed to providing personal, high quality dental care to you and your entire family.



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A View from the Bench



On November 5, 2013, history was made in the City of Des Moines when, for the first time ever, citizens cast their vote to decide who would be the municipal court judge. I am honored that the citizens

have chosen to retain me in the position that I have served for the past six years. Our local municipal and district courts are an integral part of our larger system of justice handling everything from traffic infractions to serious criminal matters such as DUI and domestic violence cases. Judges in these courts are often dealing with individuals in crisis and are called upon to make difficult decisions, which may impact not only the person before the court, but their families, employers, and the community at large.

During the last few months, I had the opportunity to meet many of the citizens of the city who indicated they had little idea of what our local court does or even what a judge is supposed to do. Therefore I am going to be providing information about projects, issues, and goals that our court has in store during the next few years. I hope you find this information helpful, and, as always, invite you to ask questions or to stop by and see our court in action. It is a privilege to serve this city and I look forward to the next four years.
Judge Veronica Galvan

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A message from the board...



As 2013 draws to a close, the terms of service for two of our founding Des Moines Pool Metropolitan Park District commissioners comes to a close.

Marty Martinson and Bernadette Barrett have both made extraordinary contributions to the creation of the new district and to the preservation of the Mount Rainier Pool. We will greatly miss their dedication to sustaining swimming in our community.

When the district was first created by the voters of Des Moines in November 2009, Marty quickly accepted the role as president of our fledgling commission and led us through the arduous task of not only creating a municipal entity where none existed, but utilized his skills as a former facilities manager for Boeing to help us make repairs and cost-saving improvements to the now 39-year-old Mount Rainier Pool.



Marty



Bernie

Bernie added her sensibilities as a consultant on major medical equipment purchases to the deliberations over what should be done to preserve swimming in the community.



Schell



Toni

Today, visitors to the Mount Rainier Pool will note the updated lighting and locker room amenities (working hair dryers and new lockers) and enjoy the better-regulated climate afforded by new controls that keep the pool temperature in check and enable us to provide more consistent temperatures for the showers.

Your board of commissioners has spent the last year

working to determine whether the best course of action for the pool is to continue to repair it, or to begin planning its replacement. They are examining a tremendous pile of documents ranging from structural assessments to the terms of the lease agreement with the Highline School District (which continues to own the building) to determine where we go from here.

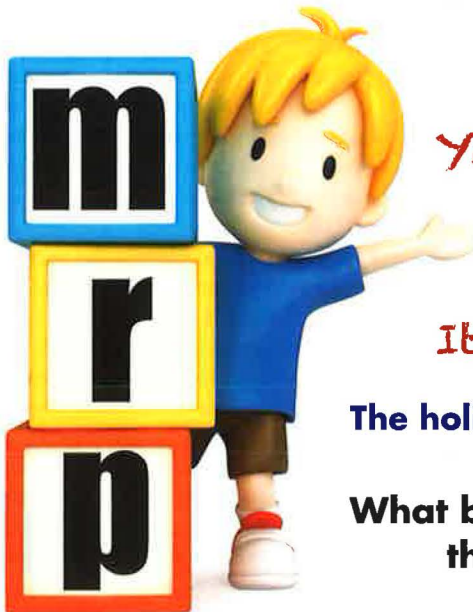
During the next year, you can expect to hear from us as we reach out the citizens of our community to ascertain what amenities you think are needed for the Pool District to satisfy our mission of enhancing our community's quality of life by providing access to and promoting participation in aquatics programs.

Our vision remains to create a water-safe community that honors our aquatic heritage.

Joining us in the task will be our first new commissioners, Schell Ross and Toni Overmyer.

Over the years, Schell has been a fixture around the pool as assistant manager, coach and all-around "mom." Toni brings a background of working with parents and teachers and volunteering to better the community (skills that will help us reach out to our stakeholders).

We welcome them both and thank our departing commissioners for helping to preserve swimming for future generations of Des Moines residents.



Com' on...

You know you're dying to say it

MER-R-P (mount rainier pool)

It's our name... come wear the kids out

The holidays are here • weather's cold • kids are antsy...

What better way to burn off some of that extra energy than a visit to our **Public and Family swims?**



This Christmas, consider the gift of a healthy lifestyle

After a fantastic summer of enjoying outdoor swimming, our Northwest reality is back with a vengeance.

- Don't let the kids get rusty and forget the swimming skills they learned last summer.
- Don't get out of the habit of enjoying low-impact exercise

Enjoy the benefits of swimming year 'round by buying a yearly pass to Mount Rainier Pool or continuing lessons for the kids.

Sign up by Dec. 23 and get **25% off** on yearly passes. Plus discounts on swim lessons.

mount rainier pool



CALL
206.824.4722
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TODAY



MERP? MURP? However you pronounce our name, it's the sound of FUN!

WINTER SCHEDULE 2013-14

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 - 7:30 am	Available for rentals	Lap Swim		Lap Swim		Lap Swim	Swim Team
7:30 - 8:30 am		Pool Maintenance	Pool Maintenance	Pool Maintenance	Pool Maintenance	Pool Maintenance	
8:30 - 9:30 am		Shallow Water Exercise/Lap Swim	Shallow Water Exercise/Lap Swim	Shallow Water Exercise/Lap Swim	Shallow Water Exercise/Lap Swim	Shallow Water Exercise/Lap Swim	
11 am - 1 pm		Lap/Family swims	Lap/Family swims	Lap/Family swims	Lap/Family swims	Lap/Family swims	
1 - 2:30 pm		Lessons	Lessons	Lessons	Lessons	Lessons	Lap Swim 12-1 pm
2:30 - 5:30 pm		Swim Team	Swim Team	Swim Team	Swim Team	Swim Team	Public Swim 1-2 pm
5 - 7 pm		Lessons & Teams	Lessons & Teams	Lessons & Teams	Lessons & Teams	Lessons & Teams	\$1 Public Swim (First Sat. monthly)
7 - 8 pm		Public Swim	Water Exercise	Public Swim	Water Exercise	Public Swim	Available for rental
8 - 9 pm		Lap Swim/Water Exercise		Lap Swim/Water Exercise		Lap Swim	2 (3) -10 pm

For more information, please call: 206.824-4722 or visit us at www.mountrainierpool.com

COUPON EXPIRES MAR. 31, 2014

Good for **ONE FREE LESSON** when signing up for a full session of Mount Rainier Pool swim lessons

CONSUMER: Coupon void if copied. Cash value 1/100¢. LIMIT: One coupon per family. Offer may not be combined with any other offer.

NP

COUPON EXPIRES MAR. 31, 2014

Good for **ONE FREE PUBLIC SWIM, LAP SWIM or WATER EXERCISE** at Mount Rainier Pool

CONSUMER: Coupon void if copied. Cash value 1/100¢. LIMIT: One coupon per visit. Offer may not be combined with any other offer.

NP

MEETING AND FACILITIES RENTALS

Coming Soon!

The Des Moines Beach Park Dining Hall is undergoing a face lift this winter so that the newly renovated facility will be ready to host your Fall '14 and Winter '15 events! Contact Shannon for more details!



Beach Park Auditorium

Des Moines facilities highlight the breathtaking beauty of the Northwest offering the perfect setting for weddings, banquets and other community events! Outdoor shelters are great for summer picnics and family gatherings!

Beach Park Auditorium

Our historic, yet contemporary, Beach Park Auditorium boasts stained glass windows, an outdoor patio, and cathedral ceilings with exposed wood beams that enhance the ambiance in true Pacific Northwest style. Adding to our Northwest elegance, you and your guests will enjoy picturesque views of Puget Sound and the Olympic Mountain Range. Both create the perfect back-drop to capture your day for years of lasting memories.

Founders Lodge

With its floor to ceiling windows, the panoramic views of the Puget Sound and the Olympic Mountain Range are breathtaking any time of year. Nature is ever present in this rustic venue that spans the babbling Des Moines Creek.

Des Moines Activity Center

The Des Moines Activity Center is a true hidden gem that affords a private feel for your guests yet is just two turns away from the Kent-Des Moines exit off Interstate I-5. Gleaming hardwood floors and a large stained glass window compliment exposed wood beams. Ample on-site parking and a first class kitchen make this a perfect event space.

Field House

Built in 1939 as part of the Works Progress Act, the Field House is the only full log cabin in Washington State. The surrounding park features newly installed play equipment, tennis courts, a skate park, and a baseball/softball field and picnic shelter. Choose from one of three spaces available for rent.

Contact

"Let me help you select the perfect facility for your special event!"

Shannon Kirchberg
Events and Facilities Coordinator
206-870-9370
skirchberg@desmoineswa.gov
www.beachparkeventcenter.com



Des Moines Activity Center



Founders Lodge



Des Moines Field House

SPECIAL EVENTS

EGGStravaganza



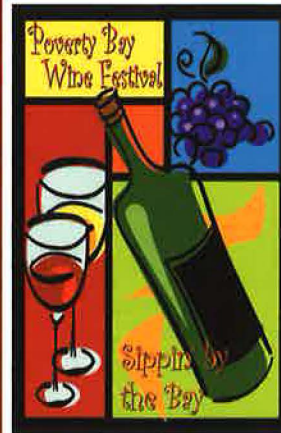
Enjoy a leisurely
EGG-HUNT!

Saturday, April 19, 2014, 9-10am
Des Moines Beach Park, \$5

Fun Crafts, Activities & Prizes, Photo Opportunities with the Easter Bunny
Children Grade-6 & under
Children under age 5 need to be accompanied by an adult

SAVE THE DATE!

10th Annual Poverty Bay Wine Festival



The Landmark On
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in Des Moines
February 28 – March 2,
2014

Friday, 5:00pm – 10:00pm
Saturday, noon – 7pm
Sunday, noon – 5pm
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Featuring tastings from
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20 Northwest wineries,
samplings of
Northwest cuisine, &
Jazz entertainment



Buy tickets at www.dmrotary.org

Exciting trips are on the horizon!

Washington State Association of Senior Centers teams up with individual senior centers to offer fantastic opportunities that will generate fundraising revenue for both the association and when you mention Des Moines Activity Center, we receive a portion of the revenue to support local programs and services!

To register contact www.wsasc.org and make certain you credit Des Moines Activity Center!



New York City May 29-Jun 2, 2014

A 5-day, whirl-wind tour of New York City includes two Broadway shows, Greenwich Village, Wall Street, Ground Zero, the Metropolitan Museum of Art, Statue of Liberty and more! Stay at the posh Sheraton Hotel & Towers in Manhattan and enjoy all that "the City that never sleeps" has to offer. Trip includes 5 meals (3 breakfasts, 2 dinners), flight, hotel transfers and guide.
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FALL TRIPS - DETAILS IN OUR SPRING ISSUE

Autumn in New England
Oct 1-7, 2014

Cuba - Rediscovery and Cultural Exploration
Oct 19-27, 2014

SPORTSNIGHT 2014 MARCH MADNESS

FRIDAY MARCH 21

6-11PM DES MOINES FIELDHOUSE

\$50 PER PERSON * \$375 PER TABLE

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SENIOR OUTINGS

DAY TRIPS

Explore the Northwest and leave the driving to us!

Evita, Paramount Theater Seattle - \$60	Thurs Jan 2 6:30-10pm
Wing Luke Museum Seattle - \$17	Wed Jan 15 9:15am-3pm
Buffalo Soldiers Museum Tacoma - \$11	Wed Jan 22 10:30am-3pm
Glass Blowing Studio Tacoma - \$69	Thurs Jan 30 8:30am-2:30pm
Uwajimaya Bellevue - \$11	Wed Feb 5 9:30am-3pm
Museum of Communications Seattle - \$11	Tues Feb 11 9:30am-2pm
White River Museum Auburn - \$13	Wed Feb 19 11am-3pm
Skyview Observatory Seattle - \$11	Wed Feb 26 9:30-2pm
George Kinney School of Chainsaw Carving Allyn - \$22	Wed March 5 8:30am-4pm
Coffee Crawl Seattle - \$35	Thurs March 13 9:15- 2pm
SilverSounds Northwest Concert Burien - \$TBA	Sun March 30 1:15-4:30pm
Lion King, Paramount Theater Seattle - \$60	Thurs April 3 11:45am-4pm
Tour Chateau St Michelle Winery and Snoqualmie Ice Cream Factory Woodinville - \$11	Wed April 9 9:30am-3pm
Fort Nisqually Living History Museum Tacoma - \$15	Wed April 30 9:30am-3pm

MEET TO EAT

Out to Lunch

Enjoy a no-host lunch at new and old favorite eateries all around the Sound.

Age 50+

Departures 10:30-11am

Friday, January 10

Friday, February 7

Friday, March 7

Friday, April 4

Friday, May 2

\$9 Transportation Fee

Return 2pm

Mickey Kelly's Irish Pub, Kent

The Kingfish Southern Cuisine Café- Seattle

Bruno's European Restaurant, Parkland

Marzano Italian Restaurant, Parkland

Snoqualmie Falls Restaurant, Snoqualmie

Dinner with Friends

Enjoy no-host dining garnished with laughter and companionship.

Age 50+

Departure 5pm

Tuesday, April 8

\$6 Transportation Fee

Arcadia-Normandy Park

REGISTRATION INFORMATION

City of Des Moines Parks, Recreation and Senior Services Department

PARKS AND RECREATION ADMINISTRATIVE OFFICE

1000 South 220th 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 216th 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

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 discriminating on the basis of sex.

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

Holiday Closures:

Wednesday, December 25, 2013,
Wednesday, January 1, Monday January 20 and February 17, 2014

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.

SENIOR ACTIVITIES

Blueprint for Living Workshops

A series of workshops and presentations designed to enhance your independence. Presentations are Free unless otherwise noted.

AARP Smart Drivers

Why take the AARP Smart Driver program? With lots of choices on the market, you need to be diligent in making the right choice. With AARP Smart Driver classes the focus is to make drivers more aware of how to be safer on today's streets and highways. AARP feels it is important to make you aware of your good habits and point out the little bad habits that manage to creep into our driving habits. Additionally, the Smart Driver addresses the changes in our bodies, minds and attitudes that can all have an effect on how we handle our vehicles.

Going beyond this we discuss how and when we need to consider the right time to no longer be the primary driver. We look at alternative ways to get from point to point and still maintain our mobility. Doing a self evaluation of our driving is an integral part of this course.

Our instructors are just like you, we volunteer to help you be safe drivers for many years to come. We pride ourselves on keeping this program fun and interesting and the time is well spent for you. So when you complete the course your certificate will get you a discount on your auto insurance as required by state law.

Classes in Des Moines are now offered weekdays! A lunch break is provided so you can take advantage of the Nutritional Lunch program-call 206-878-1642 for details on the lunch program.

Adults Age 50+	\$15AARP Member/\$20AARP Non-member
Feb 18 & 19	10am-2pm Activity Center
April 15 & 16	10am-2pm Activity Center

ORCA Cards for Transit Travel

Using an ORCA card just got easier – you can purchase or re-load your ORCA transit card quarterly at Des Moines Activity Center! ORCA transit cards are used for travel on METRO Transit, Sound Transit and Washington State Ferries. Cash, check or credit card accepted.

All ages
Wed March 18 11am-1pm Activity Center

Public Transit Training

Learn the ins and outs of LINK light rail including how to ride, Link safety, time management, bus stop information, options for paying with ORCA cards and they are used. Attendees are eligible to go on the instructional transit field trips to a special destination paid for by METRO*. Free

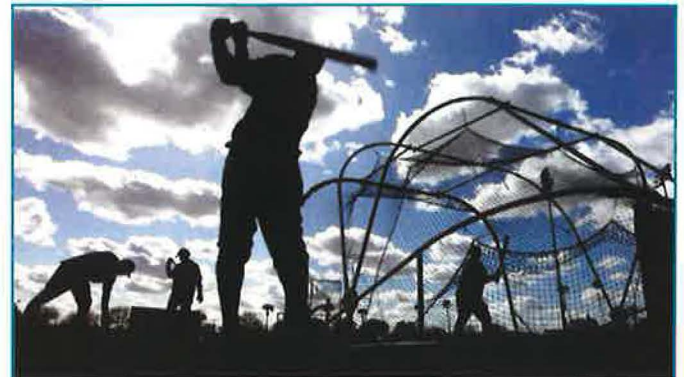
Wed March 18 10-11:30am Activity Center

*Public Transit Field Trips

ONLY for 3/18-Link transit training attendees! Escorted by a First Transit trainer, take a day-trip on Link to practice what you learned in the training. Return times TBD.

Tu March 25	9:30am	Meet at Activity Center
Tu April 1	9:30am	Meet at Activity Center

SENIOR OUTING



Mariners Spring Training

March 12-19, 2014 \$1,489 ppdo

Your Exclusive Escorted Spring Training Experience Includes:

- Roundtrip air from Seattle to Phoenix on Alaska Airlines
- 7 nights at the Windmill Inn in Surprise, AZ
- Buffet breakfast each morning
- 5 game tickets with great seats
- Transportation between airport, hotel, games and group events
- Souvenir baseball cap
- Party at the pool
- Travel Trip and cancellation insurance

Hosted by the Washington State Association of Senior Centers. Call 206-878-1642 for registration and Final Fee Deadline: January 31, 2014.

Gateway Training

Learn how to identify and assist seniors who are potentially at risk or in need of help!



- **Who:** Anyone interested in helping vulnerable adults.
- **What:** A one-hour training
- **When:** Tuesday April 8th at 1pm
- **Where:**
 - Des Moines Senior Activity Center
 - 2045 S. 216th St. / Des Moines, WA 98198
- **Why:** Empower yourself to provide practical support and resources to those in need!

**This program is brought to you by Senior Services' Information and Assistance (I & A) and Transportation programs.



SENIOR ACTIVITIES

Senior Dance

Dancing stimulates your mind, body and soul! Join us on Sundays for live dance music with Randy Litch! Stafford Healthcare provides hot beverages and a door prize - you bring finger-food refreshments!

Adults of all ages welcome!

1-3pm \$5

Activity Center

Su February 23

Su March 23



Dance for Parkinson's Do you have a movement disorder?

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 thought, 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 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 <http://www.nwpcf.org/Programs.aspx?Event=313> or call 877-980-7500.

Adults \$5 Suggested Donation

M March 3-April 21 2-3:30pm

Activity Center

Brain Education

Strengthen the mind-body connection with a combination of physical and cognitive exercises. Learn strategies for memory retention, making effective behavioral changes and working smarter not harder. Instructor: Rhonda Allison

Adults age 50+ \$32

W Feb 12-March 5 1-2pm

Activity Center



You're invited

Put on your Party Attire and Ring in the New Year at the Beach Park Event Center!

Tuesday, December 31, 1-3pm

\$3 Admission + pot-luck refreshment



Live Music by Randy Litch

Mobile Computer Classroom Workshops

King County Library System's mobile computer classroom returns to Des Moines Activity Center with a variety of workshops! Register now, space is limited!

Adults 50+ FREE

Learn to Love Your e-Reader

Discover how to use Kindle, Nook, Galaxy, Sony or iPad. Discover new and fun ways to use your reader, download digital books and more.

Th Jan 23 11-11:45am Activity Center

Computer Basics

Up your skills and understanding so you and the mouse can arrange windows, browse the Internet and library catalog, select items and text with ease and proficiency.

Th Jan 23 1-1:45pm Activity Center

Social Media

Today's technology Facebook, Skype and FaceTime reflects the best of Dick Tracy's wristwatch and Don Smart's shoe/phone. Discover you can keep up to speed with grandchildren and other relatives that live too far away for visiting!

Th Feb 6 11-11:45am Activity Center

Internet Basics

Learn the vocabulary, explore how to find websites, understand services and security and get tips on how to achieve useful results.

Th Feb 6 1-1:45pm Activity Center

ADULT & SENIOR FITNESS

Zumba

Ditch the workout – 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 \$32R \$37NR 5-class punch card or \$10/drop-in
 M Ongoing
 6-7pm Field House

Belly Dance

Enjoy a fun, effective, low impact exercise consisting of Middle Eastern and American Tribal dance steps for troupe and soloist, body movements, the use of cymbals and the veil. Instructor Sonya Poirier, Babylonian Ensemble.

Adults \$60R \$65NR **Founders Lodge**
 W Jan 8-Feb 26 Beginners 7-8pm
 W Jan 8-Feb 26 Intermediate 8-9pm
 W March 5-April 23 Beginners 7-8pm
 W March 5-April 23 Intermediate 8-9pm

Kigong

Regain energy and sense of personal power. Learn how to relax while reducing stress. Improve joint strength, balance and range of movement and work to your own capability. Appropriate for any age. Learn and practice 3 short energy circulation forms. Instructor: Rhonda Allison.

Adults \$36
 Th Jan 9-Feb 13 5:30-6:30pm Activity Center
 Th Feb 27-April 3 5:30-6:30pm Activity Center

Energy Yoga

Release stress and re-direct your energy to gain a sense of well being. Sustained poses and gentle stretches will improve muscle strength, range of motion, balance and stability reaching the deep core muscles that stabilize the spine and increase flexibility. Bring a yoga mat. Instructor: Rhonda Allison.

Adults \$36
 M Jan 27-March 10 1-2pm Normandy Park Cove
 M March 24-April 28 1-2pm Normandy Park Cove

New You Yoga!

Start the New Year with intention for a healthier you! This energizing class incorporates Vinyasa flow to warm up your body and spirit. The focus is on strength, balance, flexibility and some core work. If you are looking to invigorate your practice and try something new then join this yoga adventure and start the New Year off right! Instructor : Dawn Jex, RYT

Adults \$80R \$85NR 10-class punch card or \$10/drop-in
 Tu/Th Ongoing 6:30-7:30pm Founder's Lodge



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. Cosponsors: Group Health and Senior Services. Instructor: Mary Brown.

Adults **Field House**
 T/Th/F Jan 2-31 8-9am or 9:30-10:30am \$42
 T/Th/F Feb 4-28 8-9am or 9:30-10:30am \$36
 T/Th/F March 4-28 8-9am or 9:30-10:30am \$36
 T/Th/F April 1-29 8-9am or 9:30-10:30am \$39

Fit2Live360

Meet Fit2Live360: a family of well-rounded experienced athletes and trainers who motivate, inspire and support people with weight loss to strengthen and tone muscles, improve cardiovascular health and get rid of "problem areas". Fit2Live360 family focuses on interval training, running/walking, circuit training, abdominal strengthening, core conditioning and exercise band work.

Adults \$150R \$160NR
 M/T/Th Jan 6-30 11am-12pm or 12-1pm Field House
 M/T/Th Feb 3-27 11am-12pm or 12-1pm Field House
 M/T/Th March 3-27 11am-12pm or 12-1pm Field House
 M/T/Th April 1-30 11am-12pm or 12-1pm Field House

Back Pain Relief

Challenged with back pain? Learn simple exercises and strategies to reduce chronic back pain. Wear comfortable clothing and closed toe shoes with flexible soles. Instructor: Rhonda Allison

Adults \$32
 W Jan 8-29 1-2pm Activity Center

Meditation

Enjoy a sense of calm, peace and balance through meditation that benefits both your emotional well-being and your overall health. Scientific research states that meditation, even after a 5-minute session, can improve certain medical conditions such as pain management. Instructor: Rhonda Allison

Adults \$32
 W March 19-April 9 1-2pm Activity Center

ADULT ENRICHMENT

American Boating Course

Learn the essential information to operate a boat: 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 interactive CD and all materials-students are responsible for picking up supplies. Instructors: Poverty Bay Power Squadron.

Ages: 12-Adult **\$35**

Feb 15	8am-4pm	Public Works & Parks Service Ctr
March 15	8am-4pm	Public Works & Parks Service Ctr
April 12	8am-4pm	Public Works & Parks Service Ctr
June 7	8am-4pm	Public Works & Parks Service Ctr

Holiday Glass Plates

Take this off your bucket list....making your own 11" fused glass plate! Whether your plate is for spring, St. Patrick's Day, Easter or Mother's Day, it will be YOUR creation. All supplies are provided. Instructor: George C. Scott, nationally renowned Des Moines glass artist.

Age 14 - Adult **\$50**

Sa	Feb 22	1-4pm	Glass Studio/Des Moines
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Creative Writing

Do you have a story to tell? Interested in capturing your family's history? Take advantage of Pat's writing expertise while enjoying a supportive and encouraging environment to keep you going! Beginning and beyond writers are welcome. Instructor: Pat Doheny

Adults **\$54**

Th	Jan 16 - March 20	10am-2pm	Wesley Gardens
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Memoir Writing

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

Adults **\$54**

Th	Jan 16-March 20	2-4pm	Wesley Gardens
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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 Officer, Champion Trainer.

Dogs 4+ months

\$85R \$89NR

Th	Jan 9-30	7:15-9:15pm
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Field House

Th	Feb 6-27	7:15-9:15pm
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Field House

Instruction is taking a break in March. Check out our Spring Guide in mid-March for April - June classes!



ADULT LEAGUES

Adult Men & Coed Softball League

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

Registration Deadline: April 15 Coach's Meeting: April 15

Adults **\$930R \$985NR (includes sales tax)**

Coed Recreation Division*	Monday evenings	Starts April 28
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Men's Recreation Division*	Tuesday evenings	Starts April 29
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Coed D/E Division	Wednesday evening	Starts April 30
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Men's D/E Division	Thursday evenings	Starts May 1
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*no E or D caliber players



Senior Adult Coed Softball

Now recruiting avid softball players for Des Moines' recreational coed softball team!

Age: 50 & better

Player fee: ranges between \$20-\$40 (determined after the sign-up and sponsor deadline.)

Practices	Tu/Th	April
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Games	Tu/Th	May 1 - early August
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Game Times	10am
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Practices & Home Game	Steven J Underwood Memorial Park
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Away League Games	Fields throughout King County
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Call 206-878-1642 for details.

YOUTH ACTIVITIES

YOUTH

Gymnastics - Beginning Girls

This fun-filled class develops basic skills and fundamentals on all four of the women's Olympic events (uneven bars, balance beam, floor, and vault) in addition to trampolines and foam pit. Gymnasts will gain skills, strength and flexibility while building their self-esteem in encouraging group classes. Instruction: Metropolitan Gymnastics.

Age 5+			\$70R \$75NR
Sa	Jan 5-26	10-10:55am	Metropolitan Gymnastics
Sa	Feb 2-23	10-10:55am	Metropolitan Gymnastics
Sa	March 2-30	10-10:55am	Metropolitan Gymnastics

Gymnastics - Beginning Boys

This fun-filled class develops basic skills and fundamentals on all six of the men's Olympic events (parallel bars, High Bar, floor, rings, pommel horse, and vault.) in addition to trampolines and foam pit. Gymnasts will gain skills, strength, and flexibility while building their self-esteem in encouraging group classes. Instruction: Metropolitan Gymnastics.

Age 5-6	10-10:55am	\$70R \$75NR
Age 7+	11-11:55am	\$70R \$75NR
Sa	Jan 5-26	Metropolitan Gymnastics
Sa	February 2-23	Metropolitan Gymnastics
Sa	March 2-30	Metropolitan Gymnastics

Acrobats for Kids

Been to the Circus? That is where you'll find Acrobats-it is all about speed and flexibility! Acrobatics are both gymnastic and 'martial art' in style, perfect for both boys and girls. Rolls, Cartwheels, Backbends, Handstands and Walkovers will all be covered in addition to the Pretzels and Wigwags-specific to Acro work— great fun for all ages! Instruction: Melanie's Dance Studio

Age 5-9		\$46R \$51NR	
M	Jan 6-Feb 10	5:30-6:15pm	Field House
M	Feb 24-Mar 24	5:30-6:15pm	Field House

HIP HOP Dance

Got MTV? Want to learn the latest moves from Coast to Coast? Learn to dance like "America's Best Dance Crew" and pick up the latest in Hip-Hop and LA Funk. Instruction: Melanie's Dance Studio staff with industry and award-winning choreographer expertise. No experience needed.

Age 5-7	6:15-6:45pm	\$38R \$43NR
Age 8-11	6:45-7:15pm	\$38R \$43NR
M	Jan 6-Feb 10	Field House
M	Feb 24-Mar 24	Field House

Ballet

Ballet is the true expression of classical art that provides strength, beauty, posture and grace. A well rounded weekly program including stretching, injury prevention, Barre, Center and Across the floor work. Terminology and proper technique are emphasized. Perfect for the beginning dancer. Instruction: Melanie's Dance Studio

Age 5-8		\$38R \$43NR	
M	Jan 6-Feb 10	7:15-7:45pm	Field House
M	Feb 24-Mar 24	7:15-7:45pm	Field House

Tiger Kids Martial Arts

Improve motor skills and coordination while building self-confidence through the use of martial arts and fun games - bag kicking and padded sword-sparring! Includes a white belt for first time participants! Instructor: Mitch Mayberry, International Champion, 8th degree Master Instructor.

Age 4+			\$85R \$90NR plus \$14 AAU Membership
W	Jan 8-Feb 26		
W	March 5-26		\$45R \$50NR plus Membership
Tiny Tigers		Age 4-6	4:15-4:45pm
Beginners/white belt		Age 6+	4:45-5:25pm
Colored Belts		Age 6+	4:45-5:45pm

Kokondo Martial Arts

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

Age 12+			\$25R \$30NR
W/F	Jan 8-31	5-6:30	Field House
W/F	Feb 5-28	5-6:30	Field House
W/F	March 5-28	5-6:30	Field House

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.

Enrollment is open and drop-in participation is encouraged. Call in advance to confirm meeting dates. Facilitator: Parks and Recreation staff.

Grades 6-9		FREE
Meets every other Wednesday	4:30pm	Des Moines Field House

Teen Dances

Kick it at theme dance parties hosted by Des Moines Youth Council! Theme dance parties feature contests, concessions and dancing. Facilitator: Parks and Recreation staff.

Grades 6-8 – student ID required for admission		\$7
February 14	Cupid's Ball	Field House
March 14	Shamrock Shake	Field House

Plus many more activities for teens...

Teens - you may also enroll in Holiday Glass Plates, American Boating Courses- see pg. 7 for details.

YOUTH ACTIVITIES



TODDLER/PRESCHOOL

Robyn's Nest Pre-School

Mom and Dad – take a break while your children have a great time learning, playing and meeting new friends under our watchful eye. Activities include arts and crafts, games, songs, puppetry and outdoor fun. Facilitators: Trained Staff w/ CPR/First Aid certification

Ages 3-5			\$110R \$115NR
M/T/W/Th	Jan 6-30	9:30am-12pm	Field House
M/T/W/Th	Feb 3-27	9:30am-12pm	Field House
M/T/W/Th	Mar 3-27	9:30am-12pm	Field House

Preschool Dance Classes

Expect lots of fun with frolicking and general silliness in these classes designed with the young child in mind. The emphasis on fun and play as students explore movement in Ballet, Jazz & Tap through a unique blend of play, creative movement and props balanced with real terminology and technique. Instruction: Melanie's Dance Studio

Age 3-5			\$38R \$43NR
M	Jan 6-Feb 10	5-5:30pm	Field House
M	Feb 24-Mar 24	5-5:30pm	Field House

Help a Child Attend Activities or KHAOS!

Your contribution gives local children and teens the opportunity and joy of attending Des Moines Parks and Recreation programs! Make at donation at www.desmoineswa.gov/recreation or by calling 206-870-6527.

Gymnastics for Mom & Tots

Your child will learn muscle coordination, motor skills and group socialization. Enthusiastic coaches and colorful environment promote enjoyable and successful experiences. Instruction: Metropolitan Gymnastics.

Age 16 mo-4			\$55R \$60NR
Sa	Jan 5-26	10-10:45am	Metropolitan Gymnastics
Sa	Feb 2-23	10-10:45am	Metropolitan Gymnastics
Sa	March 2-30	10-10:45am	Metropolitan Gymnastics

Gymster

This dynamic class introduces the basics of gymnastics. This class enhances fine and gross motor skills; as well as, improving listening, balance, coordination and strength. Children participate independently from parents. Pre-requisite: potty trained. Instruction: Metropolitan Gymnastics.

Age 3-4			\$55R \$60NR
Sa	Jan 5-26	11-11:45am	Metropolitan Gymnastics
Sa	Feb 2-23	11-11:45am	Metropolitan Gymnastics
Sa	March 2-30	11-11:45am	Metropolitan Gymnastics



YOUTH SPORTS



LEAGUES

Check out our Early Bird Rates!

The sooner you register the more affordable our youth leagues are...the best deals begin in January 2014!

Spring Youth Recreation Soccer League

Registration starts January 6 and closes February 28.
U6 co-ed 4-5, U8 co-ed 6-7, U10 boys & girls 8-9, birth certificates required. Child's age as of July 31, 2013

March 17-June 7	Des Moines Fields
Jan 6-31	\$60R \$65NR
Feb 1-21	\$70R \$75NR
Feb 22-28	\$80R \$85NR



Tee-Ball / Coach-pitch Coed Leagues

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
Jan 6-31	Des Moines Area Fields
Feb 1-Mar 31	Des Moines Area Fields
April 1-May 16	Des Moines Area Fields
\$60R \$65NR	
\$70R \$75NR	
\$75R \$80NR	

Coaches Take Note of these meeting dates:

Spring Youth Recreation Soccer Leagues		
Tuesday, March 4	6pm	Field House
Tee-Ball/Coach Pitch Coach		
Tuesday, May 19	6pm	Field House

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



PTSA Discount

Join your local PTSA and show your 2013-14 Membership Card to receive a 10% discount the first time you enroll your child in a Des Moines Recreation Activity*. Offer valid through the 2013-14 school year. Call 206-870-6527 for information.

* Excludes one-time events.

Club KHAOS Kids having an outrageous school year!

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

Grades K-6

M-F

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, throughout the school year calendar



Club KHAOS staff invite you to participate in K-Fit at a Club KHAOS site near you!

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 starts the day just right.

6:30am-school start

Sites	Dates	Fee: Res/Non Res
Highline	January	\$260/\$280
Federal Way	January	\$170/\$190
Highline	February	\$245/\$265
Federal Way	February	\$180/\$200
Highline	March	\$270/\$290
Federal Way	March	\$200/\$220
Highline	April	\$245/\$265
Federal Way	April	\$150/\$170

Drop-in Fee:

Highline Sites	\$15/\$17
Federal Way Site	\$12/\$14

Sunset in KHAOS

Relax knowing your child, fueled with a nutritious snack, will burn off that excess energy absorbed in lively games, seasonal arts, crafts and creative play. Time is set aside for homework.

School dismissal – 6pm

Sites	Dates	Fee: Res/Non Res
Highline	January	\$290/\$310
Federal Way	January	\$270/\$290
Highline	February	\$260/\$280
Federal Way	February	\$290/\$310
Highline	March	\$290/\$310
Federal Way	March	\$320/\$340
Highline	April	\$250/\$270
Federal Way	April	\$240/\$260

Drop-in Fee:

*Highline Sites	\$15/\$17
Federal Way Site	\$18/\$20
*Highline Sites Early Release Fridays	\$20/\$22

Sunrise to Sunset

Benefit from a worry-free day and a significant fee reduction.

Sites	Dates	Fee: Res/Non Res
Highline	January	\$340/\$360
Federal Way	January	\$340/\$360
Highline	February	\$325/\$345
Federal Way	February	\$360/\$380
Highline	March	\$360/\$380
Federal Way	March	\$400/\$420
Highline	April	\$310/\$330
Federal Way	April	\$300/\$320

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 skills blossom participating 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	Camp	Field House Fee
M Jan 20	FW&H	MLK	\$35R/\$37NR
Th/F Jan 30-31	FW	No School	\$60R/\$65NR
M/Tu Feb 17-18	FW&H	Presidents Day/ Mid Winter Break	\$60R/\$65NR
F Mar 14	FW&H	No School	\$35R/\$37NR
M-F April 7-11	FW&H	Spring Break	\$150R/\$160
Th/F April 17-18	FW	Conferences	\$60R/\$65NR

Attention Highline and Federal Way parents:

There is still time to take advantage of Winter Break's enriching activities while you are at work. Enroll your child now!

M-F Dec 23-Jan 3 \$240R \$250NR

Volunteerism

*"It's easy to make a buck.
It's a lot tougher to **make a difference.**"* ~ TOM BROKAW

One of the greatest things you can do is give back to your community and Des Moines Parks, Recreation and Senior Services offers a wide variety of volunteer opportunities for you to select from!



DRIVING

Our volunteer drivers live active, full lives and by giving a few hours a week or month they ensure that seniors can live active diverse lives as well. Come join our team of valuable and compassionate volunteer drivers and enjoy giving back! More information: Senior Services Hyde Shuttle: See City Currents pg 11 Activity Center-Trips: 206-878-1642



SENIOR NUTRITION PROGRAM VOLUNTEERS

Gloria and Debbie don aprons to prep lunch and wash dishes at Des Moines Activity Center in memory of their late sister. They enjoy blending good memories and making new friendships with giving to others! **More information: Activity Center - 206-878-1642.**



COACHING

Youth sports programs in Des Moines reflect the great leadership, guidance through life's lessons and dedication to sports local volunteer coaches give their players both on and off the playing field. See page 4 for youth coaching opportunities.



ARTS COMMISSION COMMUNITY

Arts and Cultural programs and events nurture unite and bring people to together providing social and economic public benefits. Join the team of dedicated commissioners creating The HeART of Des Moines! To learn more call 206-870-9370



YOUTH COUNCIL EXPANDS HORIZONS

Helping sell tickets and bus tables at the Activity Center's annual Spaghetti Dinner keeps youth council teens in smiles while gaining leadership skills. See pg 6 and learn more!

*"Never doubt that a small group of thoughtful committed citizens can **change the world**; indeed, it's the only thing that ever has."*

~ MARGARET MEAD, CULTURAL ANTHROPOLOGIST

Your Guide to Des Moines Parks, Recreation & Senior Services



Rec'n Roll

January - April 2014



Club KHAOS pg 3

**REGISTER FOR
Spring Sports** pg 4 & 7

Fitness For Life pg 8

STEP IN FROM THE COLD!
Our facilities
are teaming with
winter activities
for everyone!

Photo by Jessica Roe

**We have your perfect
wedding venue** pg 13

