



DES MOINES 

CITY **CURRENTS**

FALL 2014

INSIDE

**Landowners—
LIVING ON
THE EDGE**

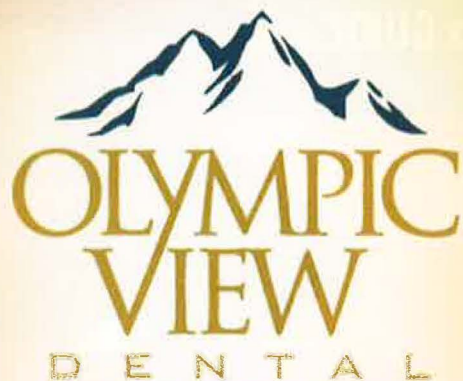
**Pipelines,
Permitting and
Sidewalk Repairs**

**KEEPING IT
CLEAN**

**Stormdrains and
Stormwater**

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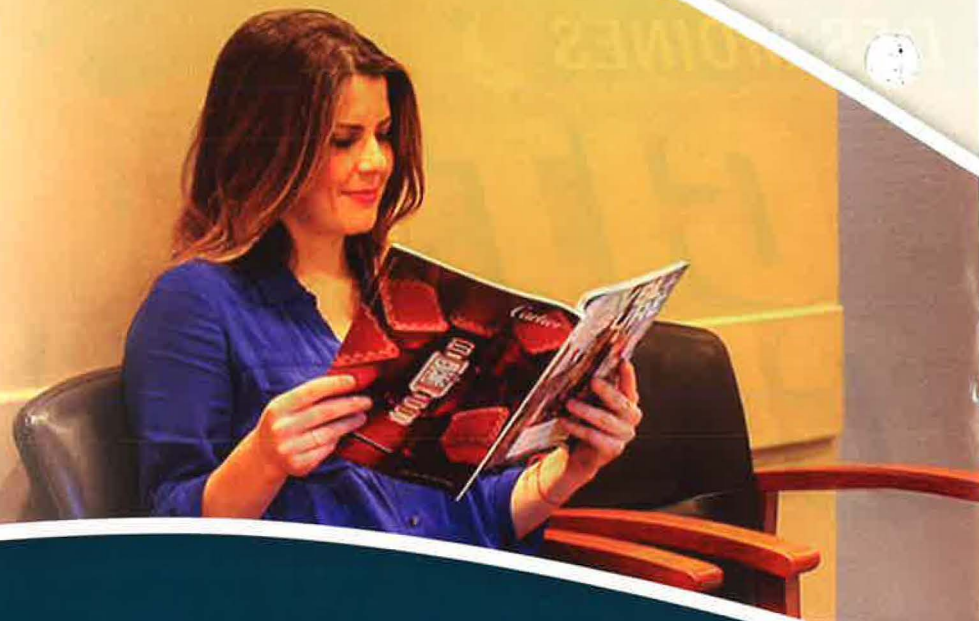


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On the flip side...



Your Guide to Des Moines Parks, Recreation & Senior Services

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

- Fun events to make your holiday special
- Sign up for fall leagues
- New Adult Enrichment classes
- Trips and outings near and far - plan now for Mariner's Spring Training!



What's Inside

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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
- Hospice Services
- Pets Welcome

Welcome Home

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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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Make your reservation for a complimentary lunch and tour. Taste the Normandy Park ART of Life for yourself.

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**City Council Highlights
from Mid April to July
Ordinance 1596-1603
Resolution 1258-1272**

Held Public Hearings:

- Draft Ordinance No. 14-043, Tree Trimming.
- Draft Ordinance No. 14-035, Transit Community Zone.
- Transportation Improvement Plan (2015-2034).
- Draft Ordinance No. 14-114, Sign Code.

Approved the Following Action:

- Submitted Grant Application for a Washington Wildlife and Recreation Program Project to the Recreation and Conservation Office, Resolution No. 1258.
- Accepted Washington State Parks and Recreation Commission Grant No. CV 315-110 for a New Pump-Out Station for the Des Moines Marina, Resolution No. 1259.
- Surplus of Property, 1993 Elgin Crosswind Sweeper, Resolution No. 1260.
- Approved Tourism Promotion Interlocal Agreement, Resolution No. 1261.
- Fixed a Time for a Public Hearing to Consider Draft Ordinance No. 14-043, Relating, Revising and Updating the City of Des Moines Development Regulations Relating to the Cutting and Removal of Trees, Resolution No. 1262.
- Fixed a Time for a Public Hearing to Consider Draft Ordinance No. 14-035 relating to the City's Zoning Code and Development Regulations for the Area Along Pacific Highway South in the Vicinity of S 240th Street, Highline Community and the Planned Federal Way Link Extension Station, Resolution No. 1263.
- Approved Draft Ordinance No. 14-088, Authority for Eminent Domain for Transportation Project on 216th and Pacific Highway, Resolution No. 1264.
- Acquired by Eminent Domain of Certain Property in the City of Des Moines, Ordinance No. 1596.
- Amended DMMC 7.08.010 and 7.08.110, and Repealed and Replaced Chapter 7.20 DMMC, Smoking in Public Places, Ordinance No. 1597.
- Amended DMMC 1.24.190, 1.28.040 and 1.28.050, General Provision, Ordinance No. 1598.
- Approved Draft Resolution No. 14-120, Community Development Block Grant Application to King County Department of Community and Human Services; Parkside Park Renovation Project, Resolution No. 1265.
- Approved Draft Resolution No. 14-123 Accepting Findings of Fact that an Emergency Existed for the Des Moines Field House, Resolution No. 1266.
- Set Public Hearing for Amendments to the Sign Code, Resolution No. 1267.
- Repealed and Replaced Title 8, DMMC, Animals, Ordinance No. 1599.
- Approved Draft Ordinance No. 14-143, Amending Chapter 12.25.060, Underground Utility Requirements, Ordinance No. 1600.
- Approved Codifying of a New Chapter Entitled "T-C Transit Community Zone" to Title 18 DMMC, Ordinance No. 1601.
- Approved Alternative Methods of Design and Construction of Mixed Use Buildings in the Area Zoned Downtown Commercial and Institutional

Campus, Amending DMMC 14.05.130 Entitled *Five-Story Wood Frame Buildings* and DMMC 14.05.190 entitled *Heights*, Ordinance No. 1602.

- Fixed a Time for a Public Hearing to Consider Vacation of Public Rights-Of-Way Known as 5th Place South, South of South 287th Street, Resolution No. 1268.
- Authorized the Highline Schools Foundation's 2014 Back to School Resource Fair, Resolution No. 1269.
- Fixed a Time for a Public Hearing to Consider Draft Ordinance No. 14-143, Downtown Commercial Height Areas, Resolution No. 1271.
- Amended DMMC 18.200.160(7) and 18.200.300(1)(c)(i) as Housekeeping Measures to Incorporate Inadvertently Omitted Language into the Sign Code, Ordinance No. 1603.
- Granted Extension to Submit the Final Plat Documents for the Preliminary Modified Subdivision Entitled "Highline View Estates," Resolution No. 1272.

Other Action Taken:

- Recognized Eagle Scout, Soren Pedersen.
- Approved the Assignment of Lease, Assumption of Lessee with Classic Yachts to Jim Quinn.
- Approved 2014 Farmers Market Agreement.
- Accepted the Edward Byrne Memorial Justice Assistance Grant Award #2011-DJ-BX-3261.
- Appointed Dr. Barbara Reid to a Two-Year Term on the Senior Advisory Committee
- Appointed Ekkarath Sisavady to an Unexpired Term on the Des Moines Arts Commission.
- Approved Proclamation for National Recovery Month.
- Approved Proclamation Recognizing the Mt. Rainier High School Girls Basketball Team.
- Approved Proclamation Recognizing Highline Community College Men's Basketball Team.
- Approved Goods and Services Contract with Belfor Property Restoration.
- Recognized AWC Scholarship Applicant Clara McMichael.
- Approved Proclamation Supporting Chefs Appreciate Day.
- Awarded J Dock Contract Award.
- Awarded Construction Contract for the Des Moines Memorial Drive Pipeline and South 216th Place Culvert Replacement Projects.
- Proclaimed July as Parks and Recreation Month.
- Awarded 2014-2018 Street Sweeping Services Contract.
- Approved Amendment 7 to the Contract with Leonard D. Madsen.
- Approved South 251st Street Slide Final Design.
- Approved Proclamation Acknowledging the Highline Schools Foundation.
- Appointed Luisa Bangs to an Unexpired Term on the Des Moines Arts Commission.
- Approved Amendment No. 2 to Task Order Assignment 01 for the Saltwater State Park Bridge Rehabilitation.
- Approved Consultant Contract Amendment with BHC Consultants, LLC

Housing Repair Assistance Program

The City of Des Moines is once again providing Minor Home Repair services to City resident homeowners who have met income guidelines set by U.S. Department of Housing and Urban Development (HUD). We provide free repair services to improve the health and safety of our residents as they live in their homes. Money is available to provide needed repairs and maintenance. Each qualifying family will receive up to \$2000 in repairs in a funding year, with a \$5000 limit for a ten year period.

SERVICES PROVIDED INCLUDE BUT ARE NOT LIMITED TO:

- ELECTRICAL** – faulty lights, switches, plugs, circuits or exhaust fans
- PLUMBING** – faulty toilets, clogged drains, leaking faucets, faulty water heaters
- DISABILITY AIDS** – installation of grab bars, hand rails, hand held showerheads, bath seats, high toilets.
- SAFETY** – installation of smoke alarms, security/safety lights, carbon monoxide alarms and locksets
- OTHER** – repair of faulty furnaces, faulty gutters and roof leaks, broken window glass panes

FOR MORE INFORMATION OR TO REQUEST AN APPLICATION:

Call 206-870-6535, or come into City Hall at 21630 11th Ave. S., Ste. D.

DES MOINES CITY COUNCIL



Dave Kaplan
Mayor



Matt Pina
Mayor Pro Tem



Jeanette Burrage
Councilmember



Melissa Musser
Councilmember



Jeremy Nutting
Councilmember



Bob Sheckler
Councilmember



Vic Pennington
Councilmember

**City Council meets
1st, 2nd and 4th
Thursdays at 7pm**

DES MOINES DIRECTORY

City Hall
 21630 11th Avenue South
 562-878-4595
Business Hours
 Monday - Friday
 8am - 4:30pm
 www.desmoineswa.gov



City Council
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 Jeanette Burrage JBurrage@desmoineswa.gov
 Melissa Musser MMusser@desmoineswa.gov
 Jeremy Nutting JNutting@desmoineswa.gov
 Vic Pennington VPennington@desmoineswa.gov
 Bob Sheckler BSheckler@desmoineswa.gov

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
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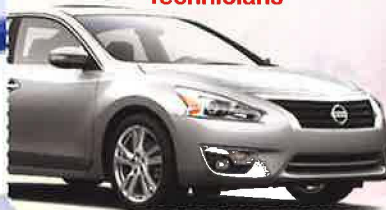
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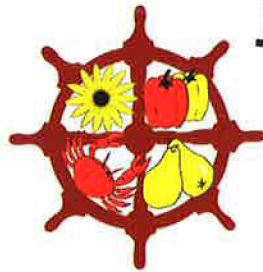
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Des Moines Waterfront Farmers Market



Join us every Saturday

June thru October

Located in the Marina

10am to 2pm

Special Events

June 7.....Opening Day & Food Truck-In
 July 19.....Waterland Weekend - Food Truck Fair
 Aug 9....Health/Fitness Day - Health Driven Food Trucks
 Sep 13...Kids Back to School/Safety Day - Food Truck-In
 Oct 25.....8th Annual Chili Cook-Off



More information available at: www.DMFM.org



Des Moines/Normandy Park/Burien seniors age 55+ or disabled. Your door to the market every other Saturday 11am to 2pm. Call 206-727-6262. At least 3 days before the Saturday Market. Sponsored by The Rotary Club of Des Moines.



Landowners Learn About Living on the Edge

BEAUTIFUL SHORELINES AND DRAMATIC VIEWS over Puget Sound are among the major attractions of Des Moines.

Des Moines has approximately five miles of marine shorelines, three quarters of which has been impacted by residential and commercial development, vegetation clearing, dredging, and shoreline "armoring" with riprap and wooden or concrete bulkheads. Development on the uplands has increased peak stormwater runoff, leading to localized flooding and increased erosion.

Over the past eight years the King Conservation District has hosted a series of "Where the Water Begins" workshops to inform shoreline and bluff landowners about ecological, geological and vegetation management issues. The District hosted workshops at Saltwater State Park in 2006 and 2007, and this year nearly 100 people attended workshops at Discovery Park and on Vashon Island.

Workshop topics included maintaining nearshore and marine riparian zone ecosystems, recognizing and minimizing geologic hazards, using native vegetation to reduce erosion, and using native vegetation to improve fish and wildlife habitat.

Landowners learned about the ways that water and geology interact and strategies for reducing erosion and promoting slope stability. They learned that trees and native plants along shorelines and bluffs help hold slopes in place and contribute to healthy beach habitats. At each workshop landowners requested follow-up technical assistance to develop plans to address natural resource management challenges on their properties.

Established in 1949, the King Conservation District is an independent, non-regulatory public agency that assists landowners with protecting and enhancing natural resources. If you have questions about protecting bluff and shoreline properties, contact Brandy Reed at 425-282-1924. For information about other programs available through the King Conservation District go to: www.kingcd.org.

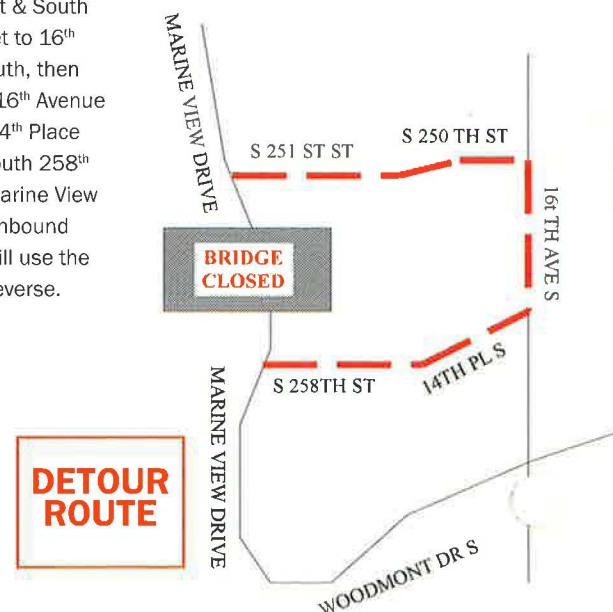


Upcoming Bridge Project Saltwater State Park Seismic Retrofit

In October, the City will begin construction for seismic upgrades on the Saltwater State Park Bridge. Through partnerships with WSDOT and the Federal Highways Administration (FHWA), the bridge will receive increased structural capacity, in addition to concrete and steel rehabilitation. This ensures that the bridge will serve the community for many years to come. It is anticipated that the work will be complete in the spring of 2015.

The project will include both above and below ground activities encompassing the entire bridge. Deck concrete rehabilitation, expansion joint replacement, column strengthening with carbon fiber, expansion of column footings, and micro-pile drilling are just a few of the most visible elements. When complete, the bridge will look the same as today, with just a few minor modifications.

Due to the nature of the work, the entire bridge will close for the duration of construction (estimated from October 2014 through April 2015). A detour will be set up similar to that which occurred for the same bridge closure a few years ago. The detour route for southbound travelers on Marine View Drive will be east from MVD on South 251st Street & South 250th Street to 16th Avenue South, then west from 16th Avenue South on 14th Place South & South 258th Street to Marine View Drive. Northbound travelers will use the detour in reverse.



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Tillamook	
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Brawny	
6ct Big Roll Paper Towels	9.99
Charmin 6-24 TP	9.99
Ball Park Hot Dogs	3.89
Head of Lettuce	1.39
House Brand Loaf of Bread	1.09
Deli Rotisserie Chicken	5.99

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Cheerios 12.25oz Cereal	3.49
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2lb Baby Loaf Cheese	7.99
Brawny	
6ct Big Roll Paper Towels	9.99
Charmin 6-24 TP	9.99
Ball Park Hot Dogs	3.99
Head of Lettuce	1.49
House Brand Loaf of Bread	1.19
Deli Rotisserie Chicken	6.99

Total 56.58

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*Normandy Park Market and competitive prices taken from products on store shelves during the week of August 2-9, 2014 in the Des Moines and Normandy Park neighborhoods.

King County Solid Waste Division: 2015/16 Rate Increase Prevented

You may not be familiar with King County Solid Waste Division, but you've probably been to - or at least seen - one of its transfer stations, such as the new Bow Lake Recycling and Transfer Station in Tukwila. In addition to developing and implementing recycling programs, the county owns and operates the transfer stations in King County (but outside the City of Seattle) and the last remaining landfill in King County. When your garbage is collected at the curb, part of the fee you pay is for collection, transfer stations and disposal of garbage at the landfill.

When the King County Solid Waste Division proposed its current rate of \$120.17/ton in September 2012, they assumed that another rate increase would be needed in two years. Happily, the division finds that it will not need a rate increase in the 2015/2016 biennium. What happened?

First, the Solid Waste Division extended its interlocal agreements with 32 of the King County cities that are part of the county's solid waste system by 12 years, including the City of Des Moines. That means the county can bond for solid waste capital projects, such as the Bow Lake Recycling and Transfer Station, over a longer period of time. This decreases annual debt service payments. When the county did issue bonds this year, interest rates were more favorable than anticipated, which contributed to lower debt service payments.

The Solid Waste Division was careful about controlling its expenditures. Improved capital project control resulted in the Bow Lake Recycling and Transfer Station coming in under budget. The division reviewed how they filled staff vacancies and ways to improve inventory control. A focus on improving transfer trailer payloads meant less fuel was used. Additionally, the price of diesel has been less than projected, resulting in further cost savings. Safety improved, leading to decreased insurance costs.

The division is in the midst of business planning to find more ways to improve its operations and increase the value of services provided. Focusing on waste prevention, resource recovery and disposal, the division is committed to ensuring stable competitive rates, achieving environmental excellence, and consistently delivering service value to our customers. More information about the Solid Waste Division can be found at the link below: <http://your.kingcounty.gov/solidwaste/index.asp>

Volunteer Drivers Needed in Des Moines, Burien, Normandy Park

Just 4 hours a week! Several half-day shifts open now! Our HYDE Shuttle Volunteers receive:

- FREE specialized training in defensive driving and passenger assistance
- Shuttle drivers do not need a special driver's license
- We offer flexible hours and no heavy lifting
- Mileage allowance between home and Shuttle site.

All of our drivers love what they do!

For more information, contact Senior Services at 206-748-7588 or apply online at www.seniorservices.org



Des Moines Memorial Drive Pipeline & S 216th Place Culvert Replacement Projects

The City has contracted with Northwest Cascade, Inc., for the storm water improvements along Des Moines Memorial Drive and South 216th Place. The project along Des Moines Memorial Drive will stretch from just north of Marine View Drive to approximately South 212th Street. Work will include the installation of an 18" storm water pipe under the southbound lane of Des Moines Memorial Drive. This project aims to prevent further erosion of the hill above Des Moines Memorial Drive and improve the overall drainage. This project will have significant impact on motorists in the area. The contractor will also be replacing a failed storm water system along South 216th Place/Marine View Drive from Des Moines Memorial Drive to 4th Place South. This project will upgrade the failing 18" pipe to a 24" pipe for more capacity, but should have less of an impact to motorists than the Des Moines Memorial Drive Project. These projects are scheduled to take place from mid-July until the end of September.

Online Permitting Update

Building Division staff recently worked with Bitco Software, the creator of the City's PermitTrax software, to refine our online applications for Residential Electrical, Mechanical and Plumbing permits. Each type of permit now has its own track for applicants; removing some confusion about what boxes should be checked to apply for a specific type of permit. If you have experienced some of that confusion in the past, please try again when you need an online permit.

At the beginning of July, we had processed 211 online permits in 2014, accounting for 36% of all over-the-counter permits. Our goal is to improve our permitting process so that more construction in the City of Des Moines will be inspected for safety.

7th Ave S - Sidewalk Repairs

This summer the City will be addressing many of the sidewalk issues that are present along 7th Avenue South in the Des Moines Downtown Marina District between South 216th Street to South 227th Street. The majority of these issues are caused from roots of the adjacent trees to the sidewalk. Overtime these roots have grown underneath the sidewalk panels and caused lifting and cracking. The City has a limited sidewalk repair budget but will be fixing several sections of sidewalk that are in the most need of repair. There will be some short term sidewalk closures while these repairs are completed.

EnhanceFitness Enhances Seniors' Health And Sense Of Community

Eighty two year old Mary Brown lost thirty-five pounds and lowered her blood pressure and cholesterol through EnhanceFitness. "I could not even climb eleven steps to my door," Mary remembers. She enrolled in EnhanceFitness, her first exercise class since junior high, and one year later, armed with significant health improvements, Mary started teaching EnhanceFitness. Mary has been teaching six classes a week for the City of Des Moines Parks, Recreation and Senior Services Department at the Field

House since 2005, helping older adults blend fitness, fun, and friendship in a motivating fitness program.

Twenty years ago, EnhanceFitness was designed and tested by the University of Washington's Health Promotion Research Center in partnership with Group Health Cooperative and Senior Services. Today, EnhanceFitness is the most widely delivered

evidence based group exercise program for older adults, offered in over 500 communities. Participants are encouraged to attend the one-hour class three times per week. Exercises focus on endurance, balance, flexibility, and strength, all of which help participants live independently and longer.

In addition to the physical benefits of participating, the class offers social and emotional benefits to participants. Bonds formed in community-based programs grow into closely-knit family feelings. Community is built at the participant level in many ways. Class mates often help fill voids left by a deceased spouse and distant children. They come together for celebratory potlucks, travel, local events and more.

A recent report to Congress by the Centers for Medicare and Medicaid, showed EnhanceFitness had driven down total healthcare costs, decreased unplanned hospitalizations, and decreased mortality rates for participating Medicare beneficiaries — the most cost savings of all programs studied. EnhanceFitness helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. Please see this magazine for details on the Des Moines/ Normandy Park EnhanceFitness classes.



Fall 2014

DESTINATION
DES MOINES
IOWA



Des Moines Waterfront Farmers Market – Every Saturday from 10am-2pm until October 25th in the north parking lot of the Des Moines Marina.

Poverty Bay Blues & Brews Festival – Des Moines Rotary Club invites you on Saturday, August 23rd from 12-8pm at the Des Moines Marina. \$25 advanced ticket

price, \$30 at the door. More information see their ad on page 17 and visit their website at www.bluesandbrewsfest.org

POVERTY BAY
**BLUES
&
BREWS**

Trick-or-Treat Path – Bring the kids out for a fun and safe Halloween at our annual Trick-or-Treat path at all the businesses along Marine View Drive in downtown Des Moines from 3pm – 6pm on Friday, October 31st.

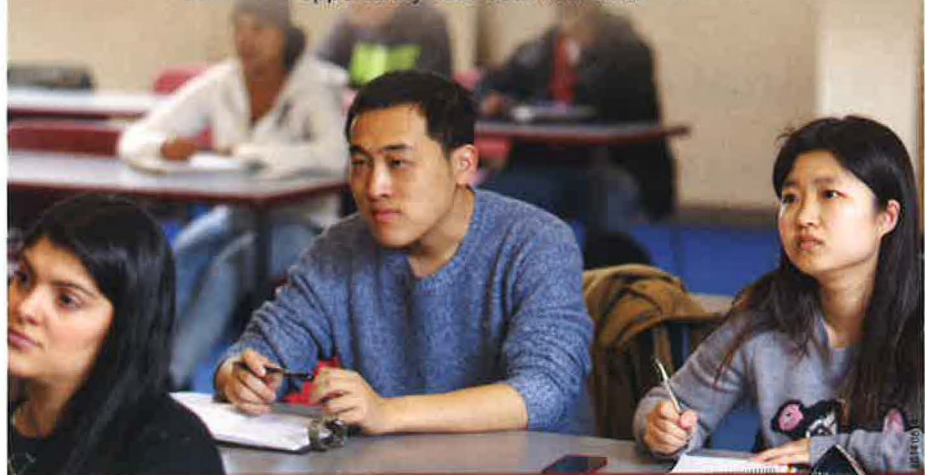
Annual Des Moines Tree Lighting – Join us as we celebrate the lighting of our Des Moines Tree at Big Catch Plaza in the old QFC parking lot at 6:30pm Friday, December 5th.



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Septic System Care

HOUSEHOLD PRACTICES

Keep solids, toxics, oils and grease out of the drain

- ✗ Fats, oils, grease
- ✗ Harsh chemicals or cleaners, liquid drain de-cloggers, paint thinner, excessive bleach
- ✗ Exceeding the label's recommended amount of detergent
- ✗ Bath oils, excessive soaps
- ✗ Old Medications
- ✗ Kitchen scraps, coffee grinds, avoid garbage disposal use
- ✗ Floss, hair, feminine products, condoms, kitty litter
- ✗ Baby wipes, tissue, paper towels, excessive toilet paper

Reduce and control water usage

- ✓ Space loads of laundry throughout the week
- ✓ Fix leaking sinks and toilets
- ✓ Use high-efficiency washers, low-flow toilets and showerheads if possible
- ✓ Don't drain hot tubs into septic tank or onto the drainfield

THE SEPTIC TANK

Perform tank pumping and maintenance

- ✓ Have a state-licensed or Health District-certified service provider inspect your tank at least every three years— some systems require more frequent inspection
- ✓ Learn your system type and maintenance schedule
- ✓ Have your system pumped approximately every three years based on your inspector's recommendation
- ✓ Clean outlet screen yearly (if your tank has one)
- ✓ Keep inspection and maintenance records
- ✗ Additives to "boost function" are not recommended

THE DRAINFIELD

Protect your drainfield and reserve areas

- ✗ No structures, parking, livestock, roof drainage or runoff near the drainfield
 - ✗ No irrigation or sprinkler systems near the drainfield
 - ✓ Plant only grass or shallow-rooted plants
 - ✓ Contact your local health department or health district for a map of your drainfield
- Regularly inspect your drainfield
- ✓ Check for odors, wet spots, or surfacing sewage
 - ✓ If your drainfield has monitoring ports, check them every few weeks; ports that continually contain over six inches of water could indicate a problem

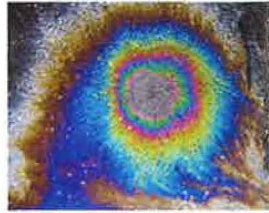
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Fix Car Leaks to Stop Pollution

Motor oil is a pollution problem in our streams, rivers and lakes. Oil doesn't dissolve in water; it remains. It's toxic to people, wildlife and plants.



Vehicles contribute to stormwater pollution. This pollution deposits in our local lakes, streams, and Puget Sound. Motor oil on the road can also impair driver safety.

IT ALL ADDS UP:

Regularly maintain your vehicle and be on the lookout for leaks. If you spot drips coming from your vehicle, use cardboard to catch the drips until you can get them fixed. Be sure to dispose of drip-stained cardboard in the trash, not the recycling bin.

Visit www.fixcarleaks.org for more information.

Dare to Not Drive Alone

Motor oil, brake dust, tire wear, tailpipe emissions, and car wash residue – it all adds up.

IT ALL ADDS UP:

Carpool, walk, bicycle or take public transit when possible. Reducing cars on the road is always the fish-friendly way to go.

Visit www.wsdot.wa.gov/Transit/TransitSystems.htm for more information.

Use Commercial Car Washes Keep dirty car wash water out of Puget Sound

Washing your car at home is dirty business. When you wash your car in the street or a parking lot, toxic motor oil, brake pad dust, tire wear, and other chemical residues – along with soap – dispense down storm drains and ditches. These storm drains and ditches flow, untreated, into the waterways we use to swim, fish, and play.

Dirty wash water contains oil, solvents, anti-freeze, and toxic heavy metals such as zinc, lead, and copper. All of these enter Puget Sound – or the waterways that run into Puget Sound – when we wash our cars on the street, in our driveways or in the parking lot.

Soap is a significant problem, it is harmful to fish, and the insects they eat. Even biodegradable soap can kill fish before it degrades.

IT ALL ADDS UP:

Keep dirty car wash water out of local waterways. Wash your car at a commercial car wash.

In rural areas, where commercial car washes are not available, wash your car on grass to filter the wash water before it reaches a ditch or stream.

Visit Puget Sound Carwash Association's website at www.pscarwash.org for more information.

Wesley Homes
DES MOINES



70 Years
1944 2014

Annual Open House!

Celebrating our 70th anniversary!

(and honoring Grandparents Day)

Join us for

- Flavorful appetizers
- Live entertainment and fun giveaways
- Tours of apartment and cottage homes of all sizes

Sunday,
September 7
1:00 p.m. – 4:00 p.m.

Wesley Homes
Des Moines
816 S. 216th St.
Des Moines, WA 98198

Register at wesleyhomes.org
or call 206.824.5000



Wesley Homes Des Moines is a not-for-profit retirement community offering a continuum of care for people who love life.



WESLEY HOMES™



Your Neighborhood Needs Your Help!

Fall is right around the corner and that means trees will soon start shedding their leaves. You can help keep your homes and streets safe from flooding by using a rake or shovel and removing leaves and debris from gutters and storm drains to keep the water flowing. Every little bit helps and we appreciate your assistance.

To report any storm drain issues please fill out a "Fix-it Form" on the City's website at www.desmoineswa.gov



Puget Sound Starts Here! Let's all do our part! Volunteer Opportunity

The City is continuing a great volunteer activity for anyone who is interested in protecting the environment and working outdoors. The Surface Water Management Department is looking for Storm Drain Marker volunteer(s) to place "Puget Sound Starts Here" markers near neighborhood catch basins in our community. The Storm Drain Marker program will help raise awareness about the impact of pollution in the waterways of Des Moines and act as a measure to help stop illegal dumping down our drains, which ultimately lead to Puget Sound. You can choose the area and spend as much time as you wish.

For more information about volunteering, please call Tyler Beekley at 206.870.6869 or email at tbeekley@desmoineswa.gov.

COMMUNITY CLEAN-UP

Show your pride in the Waterland City!

Join Highline College sports teams, Des Moines residents, Recology CleanScapes, and City staff to help in a city-wide litter clean-up event on Saturday, September 27. Watch for more details on the City's website, www.desmoineswa.gov.

Because of You



- We help support our parks, community events and the arts
- We help our children reach their potential
- We help our elderly remain active and independent
- Together, we continue Des Moines' legacy as a caring community

Because of You

Contact us to help: www.desmoineslegacy.org • 206.870.6527

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Your Preferred Provider for Short Term Rehabilitation and Person-Directed Nursing Care

Commission of Accreditation for Rehabilitation Facilities (CARF) awarded Judson Park a 5 year accreditation for high quality care services and appointed the Village a special accreditation in Person-Directed Care

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Our therapists specialize in faster recovery, earlier discharge, and enhanced quality of life

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FROM THE CHIEF'S DESK

Crime, Resource Management, and Professionalism



By Chief Delgado

I was recently asked why the Des Moines Police Department was spending so much time working toward accreditation when crime is on the rise and our

resources were stretched.

The question was a very good one and it really got me thinking about the future of our agency. Des Moines Police Department has certainly been challenged with lower than average staffing for a City of our size. On any given day, our officers are responding to an assortment of crimes, traffic complaints, or other neighborhood livability issues. Citizens living in certain areas of Des Moines may not be aware that other areas within the City are more demanding of police resources. That being said, the police supervisory and management team spend a great deal of time assessing the growing demands we're faced with, in order to be able to provide the highest level of service possible to our community.

From the Washington Association of Sheriffs and Police Chiefs website: The purpose of law enforcement agency accreditation is to professionalize the law enforcement industry by providing a review process for agencies to be certified as operating under industry best practices and standards.

Benefits of Accreditation Include:

- To increase public confidence in the agency;
- To increase credibility;
- To provide systemized agency self-assessment;
- To broaden perspectives;
- To intensify administrative and operational effectiveness;
- To ensure recruitment, selection, and promotion processes are fair and equitable;
- To strengthen understanding of agency policies and procedures by agency personnel;
- To improve agency morale and pride;
- To decrease susceptibility to litigation and costly civil court settlements;
- To potentially reduce liability insurance costs;
- To provide state and local recognition of professional competence.

In our continuing effort to be the best and most effective agency we can possibly be, it's always been my goal to remain transparent in how we do business. To show our citizens

that we're utilizing best practices in the carrying out of our law enforcement mission. As we build our plan for responsible and sustainable growth, accreditation will help us ensure that we're maximizing our potential, and presenting plans that our city council members and citizens can have faith in.

As our staffing increases in the future, our citizens can rest assured that we're hiring the best people available, and that our plan for law enforcement services is taking into account the needs of our community. We are thinking outside of the box when it comes to responsible growth and resource allocation. We'll be relying heavily on our regional partnerships to ensure that any resources needed in our community are available to us in our crime fighting efforts. This is a shift, but it's a new way of thinking that seems to be gaining momentum in law enforcement due to challenged budgets. To ensure their budgets are balanced, law enforcement agencies are enhancing partnerships and communications, creating a synergistic effect that benefits our is a vital piece to it all.

As we move ahead, I invite you to contact us with your questions or comments. Thank you for your time and I wish you the safest fall possible.

Committed to progress,
Chief George Delgado
gdelgado@desmoineswa.gov



HELP US - HELP YOU!

The Des Moines Police Department and TrackMole.com team up to recover lost, stolen and left behind property.

In an effort to help facilitate a virtual property tracking program that will successfully increase the recovery rate of lost, stolen and left-behind property for our residents and business owners, the Des Moines Police has partnered with TrackMole.com to provide a powerful property tracking and crime prevention tool. The partnership will mend the disconnect between the police who are unable to identify the owners of lost and/or stolen property, and the victims of property crimes.

Estimates show less than 5% of owners record the serial numbers of their property, which is the main identifier police use to locate and return lost, stolen or left behind property to the rightful owner. In a campaign to encourage property owners to track their property, the Des Moines Police Department is asking residents to "Help Us Help You" and use the free service TrackMole.com offers, for tracking all property with a serial or unique number. A free account can be created in less than 1 minute online at TrackMole.com or by using a Facebook, Amazon or Google+ account. For more information www.desmoineswa.gov

The Des Moines Police Department has launched the Take Me Home program!

Originally developed by the Pensacola, Florida Police Department, this is a free service for any Des Moines

resident who has difficulty communicating or may need special assistance if they are alone and/or in an emergency situation because they may become disoriented or may act in a manner that could be misinterpreted by first responders. The program is directed towards individuals with Autism, Down Syndrome, developmental or cognitive disabilities. It is also intended to assist senior citizens who may suffer from Dementia or Alzheimer's. For more information or to register for the program please contact: CSO Tonya Seaberry at (206) 870-7619 or tseaberry@desmoineswa.gov



Coffee With a Cop

Get better acquainted with the Des Moines Police Department by joining us for Coffee with a Cop. No presentations, just the opportunity to sit down and talk with your local police officers.

FALL SCHEDULE

MONDAY, SEPT. 8

Des Moines Activity Center
11:30am-12:00pm

THURSDAY, SEPT. 11

Judson Park Retirement Community
8:30am-9:30am

SATURDAY, SEPT. 13

- Safeway (272nd and Pacific Hwy S) 8:00am-10:00am
- Safeway (216th and Pacific Hwy S) 8:00am-10:00am

MONDAY, OCTOBER 13

Des Moines Activity Center
11:30am-12:00pm





**THEY'RE COMING –
Saturday, Nov. 8th
5:00-8:00 PM.**

The annual migration of the noble squid to Des Moines, Washington.

Squid-a-rama is a celebration of our favorite cephalopod through the eyes of artists and children. The main event will take place on Saturday evening to coincide with the anticipated annual arrival of the squid in Des Moines. Squid-a-rama features family-friendly activities including squid masks, copious amounts of cocoa, art work from students and the beautiful setting of the Highline Community College MAST Center located at 28203 Redondo Beach Drive S in Des Moines. Of special note are the live diving camera and hopefully, some squid visitors in one of the amazing MAST exhibits. The event is free, but a donation is recommended so this event can continue on an annual basis. Squid-a-rama is a collaborative effort between the Des Moines Arts Commission, Highline College Marine Science and Technology Center and local sponsors. Updated information available @ www.desmoinesartscommission.com



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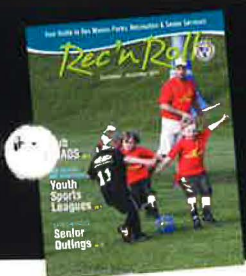
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Register for fall classes and activities! Flip over for listings.

Being A Good (Dog Owing) Neighbor

A CERTAIN AMOUNT OF NOISE IS EXPECTED when living in urban and suburban areas, as they are a part of daily life. However, when the noise becomes unreasonable and unbearable, such as a chronic, excessive barking dog, you may need to employ the following suggestions:

The first course of action is to speak to the dog owner personally.

(If they are not at home, call them, or leave a note to have them call you.)

When you speak to the dog owner, be neighborly, offer solutions (see *below*) and compromises.

Be sure to allow an appropriate remedy period.

Barking...is a normal behavior for dogs; they bark for many reasons, and often, just a few barks is all that is needed for them to communicate their message. When dogs bark excessively and become "**nuisance barkers**," the situation may disrupt the harmony of the neighborhood. Nuisance barkers often result in frustrated dog owners and upset neighbors. The dogs can end up at an animal shelter, entire neighborhoods can be disrupted, and neighbors, who were friends, can become bitter enemies.

The following 15 suggestions will help achieve a happy dog, owner, and neighbors.

Have the dog spayed or neutered; altered dogs are generally calmer and quieter than non-altered dogs.

Take the dog to obedience classes; dogs that understand commands ("No Bark") quiet more effectively.

Give the dog lots of exercise; many nuisance barkers have pent-up energy they need to expend. (Remember... "A tired dog is a good dog!")

Have the dog more involved with the family; dogs are pack animals, and nuisance barkers are often frustrated with being alone.

Take the dog in for a thorough vet exam; sometimes dogs bark excessively if they are ill, in pain or suffering from parasites.

Give the dog lots of (safe) toys and chewies; hard rubber dog toys stuffed with biscuits, cheese, and peanut butter can keep



dogs occupied for hours.

Have a pet-sitter exercise the dog each day; reputable pet-sitting companies or a responsible family member, friend or neighbor may be able to give the dog the interaction it craves.

Take the dog on errands and excursions; if it is not too hot, dogs love to go with their families instead of being home alone.

Install a "doggie-door" into the house or garage; often dogs want to be inside, instead of outside.

If there are multiple dogs, put one outside at a time; two (or more) dogs barking are much more annoying than just one, plus, they encourage each other to bark more...put one outside and keep the rest in the house, and then rotate as needed.

Feed the dog quality dog food; lesser quality foods can have added sugars, preservatives, and colors that can make dogs nervous and hyperactive, and cause intestinal distress.

Contact a reputable dog behaviorist/trainer; occasionally there are other issues that need to be addressed with the dog, which you may not realize.

Keep the dog inside the house at night; dogs tend to be even noisier in the dark, and no one deserves to be awakened all night long by a nuisance barker.

Block visual stimulation; building a solid board fence or enclosing the dog in a different part of the yard may reduce the visual triggers that cause the dog to bark.

An additional solution may be a quality bark-control collar; there are different types available, consult with a reputable trainer and your veterinarian on the appropriate type for the dog. **Training** with the collar is essential for it to be humane and effective.

If you are experiencing "nuisance barking" issues with your dog, please take the time and the effort to follow the above suggestions. Inform your neighbors of your plan and keep them updated on your progress. Finally, if your personal approach is unsuccessful, please contact me for additional information and assistance.

Master Animal Control Officer J. Magnuson
Des Moines Police Department
21900- 11 Av S, Des Moines, WA 98198
Desk (206) 870-6549, Main (206) 878-3301
www.desmoineswa.gov/www.desmoineswa.gov

Enjoy, relax and
have a pretty day




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Mon - Fri 9:30am - 8:00pm | Sat 9:30am - 7:00pm | Sun 11:am - 5:00pm
Follow us on Facebook: facebook.com/bknaillspa



Nancy Bogni, Normandy Park artist, shows off her award winning, limited edition print "Work Horse".

SENIOR CENTER ART RAFFLE

Des Moines/Normandy Park Activity Center is selling raffle tickets for this framed and matted watercolor print as our annual fall art raffle fundraiser. Tickets are \$1 each and available at the senior activity center, or from senior center staff. Tickets will also be sold at our annual Spaghetti Night on Friday, October 3rd. Call or come by for your chance to win this beautiful tug print, and support your local senior activity center programs and services. The drawing for the winning raffle ticket will be held on Wednesday, November 19th, at our annual Thanksgiving luncheon. Winner need not be present to win.

Des Moines Senior Activity Center:
2045 S. 216th St, 206-878-1642.

CITY OF DES MOINES ARTS AND CULTURE PARTICIPATION SURVEY

Let us hear from you! We believe that arts and culture play an important role in the quality of life here in Des Moines and should be a more intentional part of the City's strategies for Parks, Recreation, and Senior Services, the Arts Commission, and city-wide events. We created a short survey that could provide qualitative information about the residents of Des Moines.

A link to Des Moines Arts and Culture Participation Survey is on the homepage www.desmoineswa.gov under "City News" or type in your web browser: www.desmoineswa.gov/artssurvey

Look for paper copies at the Des Moines library, City Hall, and other locations around town!

Special thanks to Recology CleanScapes for their support!

The Arts and Culture Participation Survey Project is seeking additional sponsors for this project.

For more information about survey event sponsorship please call the Parks, Recreation, and Senior Services office: (206) 870-6527.



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Reader Board to be Installed on 216th

Later this summer the City is slated to launch the operation of a reader board near the entrance of the Activity Center on 216th. It will assist the City in keeping the community informed about City services, events, and emergency management. The City wishes to thank their partners, Puget Sound Energy and the Des Moines Legacy Foundation, for their financial support in providing this unique communication tool for the community.

For more specific information on eligibility requirements or about posting a message on the reader board please go to desmoineswa.gov/readerboard.



Like us on Facebook for a chance to **WIN** our on-the-go brush set and core four system (\$254 value)



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King Co. Councilmember delivers 'retired' van to Des Moines Parks, Recreation and Senior Services

On Thursday (July 10), Metropolitan King County Councilmember Dave Upthegrove handed over the keys of an eight-passenger van to the City of Des Moines Parks, Recreation & Senior Services Department to transport low-income residents, children and seniors to local and county wide activities.

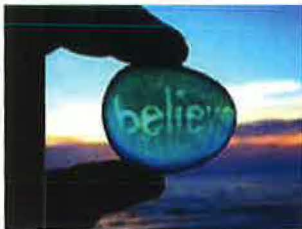
"I am thrilled that King County can provide a vehicle to support kids and seniors in Des Moines," Upthegrove said. "The City offers a wide variety of programs such as summer camp and senior activities. This van will help Des Moines continue this valuable work."

The City of Des Moines Parks Department will primarily use the van to shuttle kids to the Club KHAOS before and after school program. In the summer, Camp KHAOS offers all day camp for kids that include outdoor games, arts, swimming and new experiences under the supervision of caring, experienced camp staff. The van will also be used to transport senior citizens, low-income residents, and children to various events across South King County.

Since 1995, the County Council has donated vans from Metro's Vanpool to local cities and nonprofit organizations to provide transportation for low-income, elderly, youth and disabled residents. The vans are part of a fleet of county vehicles that have been 'retired' after accruing a certain number of miles.

Governments, agencies and organizations that receive vans must meet specific requirements, including outlining specific plans for using the van, ability to provide quality and trained drivers and assurance that the van will be available to assist persons without regard to affiliation with any particular organization.

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Normandy Park Recreation Center

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BREWS

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Saturday, August 23rd, 2014

Des Moines Beach Park

Event Benefits "Music 4 Life"



City of Des Moines Parks and Recreation Facilities

Parks & Recreation Offices		Acreage	PLAY AREA	BALLFIELDS	RESTROOMS	PICNICKING	BASKETBALL HOOPS	FISHING PIER/BOARDWALK	TENNIS COURTS	NATURAL AREAS/TRAILS	RECREATION CENTER	WALKING PATH	CREEK	SCENIC VIEW	BOAT/MOTOR/BEACH LAUNCH	PARKING	BICYCLING	FACILITY RENTAL	BEACH	SKATEBOARDING	ART / HISTORICAL SITE	SEATING
Field House	Activity Center																					
Facility / Address																						
1	Barnes Creek Trail Kent-Des Moines Road to 15th Ave. S.	1.2																				
2	Big Catch Plaza SW corner of S. 216th & Marine View Dr. S.	0.2																				
3	Cecil Powell Park 250th & 13th Pl. S.	0.2																				
4	Des Moines Activity Center 2045 S. 216th Street																					
5	Des Moines Beach Park-Historic District 22030 Cliff Ave. S.	19.6																				
6	Des Moines City Hall 21630 11th Ave. S.	N/A																				
7	Des Moines Creek Trail Access at S. 200th St. (SeaTac), 18th Ave. S. & 216th St. and 13th Ave. S. & S. 211th St.	9.58																				
	Des Moines Marina 2307 Dock Ave. S.	45																				
9	Des Moines Memorial Park Marine View Dr. S. & Des Moines Memorial Dr.	0.1																				
10	Dr. Shirley B Gordon Park 2194 S 262nd Ct.	0.86																				
11	Field House Park/Community Center 1000 S. 220th St.	5.2																				
12	Kiddie / City Park S. 230th St. & 21st Ave. S.	3.2																				
13	Midway Park S. 221st & 29th Ave. S.	1.6																				
14	Mt. Rainier Pool 22722 19th Ave. S.																					
15	Overlook I Park Corner of S. 223rd & Cliff Ave. S.	0.1																				
16	Overlook II Park S. 222nd & 5th Ave. S.	0.5																				
17	Parkside Park S.244th St. & 25th Ave. S.	4.4																				
18	Parkside Wetlands 248th St. & 26th Ave.	14																				
19	Redondo Pier, Boat Launch & Boardwalk Redondo Beach Dr. & Redondo Way	2.79																				
20	S. 251st Park S. 251st St. and Marine View Dr. S.	5.5																				
21	Sonju Park 24728 16th Ave. S.	9.3																				
22	South Marina Park NE corner of S. 227th & Dock Ave. S.	0.8																				
23	Steven J. Underwood Memorial Park 21800 20th Avenue South	20.5																				
24	Water Tower Park 208th between 5th & 6th	1.34																				
25	Westwood Park 6th Ave. S. & S. 192nd St.	1.34																				
26	Woodmont Park Woodmont Dr. S. & 12th Ave. S.	8.7																				
	Wootton Park 3202 S. 9th Ave.	2.3																				
28	Zenith Overlook/Beach Access NW corner of S. 239th & Marine View Dr. S.	0.1																				
29	Zenith Park NW corner of S. 240th & 16th Ave. S.	5.5																				



MEETING SPACE & FACILITY RENTALS



BEACH PARK AUDITORIUM



BEACH PARK FOUNDERS LODGE



DES MOINES ACTIVITY CENTER



FIELD HOUSE GYM



BEACH PARK AUDITORIUM

Our historic, yet contemporary Beach Park Auditorium boasts stained glass windows, a large outdoor patio, and cathedral ceilings. Exposed wood beams enhance the ambiance in true Pacific Northwest style. This facility is equipped with 25 round tables, 13 six foot tables and 250 chairs.

DES MOINES ACTIVITY CENTER

The Activity Center is a true hidden gem that has a charm accentuated by wood flooring, a brick fireplace and stained glass. Opening onto a 50'x50' concrete patio, this venue features a peak-a-boo view of Mt. Rainier and looks to Stephen J. Underwood Memorial Park. The patio is highlighted by the trellised landscaping of Mary's Rose Garden and a running fountain.

BEACH PARK FOUNDERS LODGE

Nature is ever present in this updated rustic venue spanning the Des Moines Creek. Floor to ceiling windows offer breathtaking views of the Puget Sound and Olympic Mountain Range beyond. Patio doors open directly onto a wraparound deck pouring into the meadow, just feet from the waters edge.

FIELD HOUSE GYM

The Field House is a full Log Cabin located in the heart of Des Moines. Generations of memories have been hosted in this venue, including weddings, corporate events, graduations and much more. Its log cabin appeal is enhanced with a full-length decorative stone fireplace, a 19'x16' stage and maple flooring.

HOSTING AN OUTDOOR EVENT...

Outdoor venues are the perfect location for company or family gatherings of any type. Every event is one of kind when set in the gorgeous City of Des Moines.



BEACH PARK PICNIC SHELTER



BEACH PARK MEADOW



FIELD HOUSE PICNIC SHELTER



WOOTTON PARK GAZEBO

CONTACT
Shannon Kirchberg
 Events and Facilities Coordinator
 206.870.9370
skirchberg@desmoineswa.gov
www.beachparkeventcenter.com

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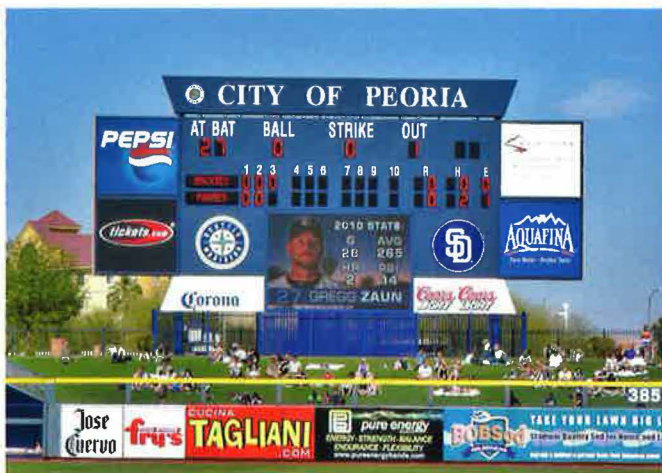


contact us at: www.mountrainierpool.com

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SENIOR OUTINGS



SAVE THE DATE!

Hosted by the Washington State Association of Senior Centers, flyers will be available at the Des Moines Activity Center soon! Call 206-878-1642 for more details or instructions on how to sign up.

Mariners Spring Training-March 18-25, 2015 **\$1,539.00ppdo**
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- Party at the pool
- Travel Trip and cancellation insurance

Drop by
Des Moines Activity
Center for more
information!
TUESDAY, SEPT 9
at 11am

Washington DC – April 1-7, 2015 **\$2,479/double occupancy**
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Enjoy the cherry blossoms as you explore America's Capital. Tour the US Capital Building, World War II Memorial, White House Visitor Center, Mount Vernon, Arlington National Cemetery, Smithsonian Institution, the Washington National Cathedral, Ford's Theatre, Baltimore and Annapolis. Includes 9-meals, flight, hotel stays & transfers and guide.

Shades of Ireland – March 8-17, 2015 **\$3249/double occupancy**
Hosted by Collette Vacations

Take in a vibrant experience that includes traveling the Ring of Kerry coastal route, the Cliffs of Moher, an overnight on a castle-grounds, visiting the Waterford Crystal factory, a jaunting car ride, a farm visit, Dublin, Kikenny, Killarney, Limerick, Galway and Blarney Castle. Includes 13 meals, flight, hotel stay & transfers and guide.

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.

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.

HOLIDAY CLOSURES

Monday, Sept 1
Tuesday, Nov 11
Thursday & Friday,
Nov 27 & 28
Wednesday, Dec 24 @ noon
Thursday, Dec 25
Thursday, Jan 1

SENIOR OUTINGS

HORTICULTURE OUTINGS

Explore lush and varied Northwest gardens and nurseries.
No-host lunch and garden admission fees when applicable.

Age 50+ \$9 Transportation Fee or \$5 Car Pool *

10am departure unless otherwise noted

FRIDAYS DESTINATION:

Sept 12*	Soos Creek Botanical Garden, Kent
Sept 26	Kubota Gardens, Renton
Oct 17	Anderson Garden, Enumclaw
Oct 24	Remlinger Farms, Carnation \$9 admission
Nov 21	Sky Nursery, Shoreline
Dec 12	Old Goat Farm Holiday Tour & Tea, Graham \$18 admission

DAY TRIPS

Explore the Northwest and leave the driving to us!

Olympic Wild Game Park	Sequim
Wed Sept 3 8:15am-5pm	\$25
War Memorials & Farmer's Market	Olympia
Wed Sept 10 9:30am-4pm	\$12
Nisqually National Wildlife Refuge	Olympia
Wed Sept 17 9:15am-3pm	\$13
EMP Museum	Seattle
Wed Sept 24 9:30am-3:30pm	\$25
Washington State Patrol	Shelton
Wed Oct 1 9am-4pm	\$15
Sole Obsession-100 Years of Shoes Exhibit	Auburn
Wed Oct 8 9:30am-2:30pm	\$15
Chocoholics Tour	Tacoma
Wed Oct 15 9:30am-2:30pm	\$10
Indoor Skydiving	Tukwila
Wed Oct 22 9:30am-2:30pm	\$59
Paramount Theatre Tour	Seattle
Wed Oct 29 9:15am-3pm	\$11
USO Northwest Center Tour	SeaTac
Wed Nov 5 9:30am-2:30pm	\$10
Kusak Cut Glass Works	Seattle
Wed Nov 12 9:30am-2pm	\$10
Tacoma Art Museum-Western Art Wing	Tacoma
Wed Nov 19 9:30am-3pm	\$17
Coat Factory Outlet Sale & Lunch	Tacoma
Fri Nov 21 9:30am-2pm	\$9
Festival of Trees	Tacoma
Sat Dec 6 8:45am-3pm	\$15
ZooLights-Point Defiance	Tacoma
Wed Dec 10 4:30-9:30pm	\$24
Seattle Men's Chorus	Seattle
Sun Dec 14 12:45-5pm	\$58
Thornewood Castle Holiday Tour	Lakewood
Wed Dec 17 9:15am-3pm	\$35



GOLF OUTINGS

Enjoy playing nine holes at Puget Sound courses. Transportation is available on a first paid basis. All players draw numbers to determine playing partners and tee position.

\$9 Bus \$5 Meet at Course

No Host Green Fee & Lunch

Departure Times: 8-8:30am

Return time: Varies

Date	Course/City	Green's Fee
M Sept 8	Auburn	\$17
M Sept 22	Twin Rivers, Fall City	\$20
M Oct 6	Lipoma, Puyallup	\$16

MEET TO EAT

Out to Lunch

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

Age 50+

\$9 Transportation Fee

Departures 10:15-11am

Return 2pm

Friday, Sept 5	Wildfin American Grill, Renton
Friday, Sept 19	Seastar, Bellevue
Friday, Oct 10	Johnny's Seafood Bistro, Tacoma
Friday, Nov 7	Adriatic Italian Grill, Tacoma
Friday, Dec 5	Trellis at Heathman Hotel, Kirkland

Dinner with Friends

Enjoy no-host dining garnished with laughter and companionship.

Age 50+

\$6 Transportation Fee

Departure 5pm

Tuesday, Sept 9	Verrazano's Italian, Federal Way
Tuesday, Oct 7	Scotch & Vine Des Moines

SENIOR ACTIVITIES

Afternoon Dances

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!

Adults of all ages welcome!	\$5	Activity Center
Su August 24	1-3:30pm	
Su September 28	1-3:30pm	
Su October 26	1-3:30pm	
Su February 23, 2015	1-3:30pm	

Fireside Chats 2014

We continue our informative and interesting Fireside Chats at Des Moines Activity Center. 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 fall Fireside Chats are as follows.

Des Moines Pool Metropolitan Park District Board

A representative of the Des Moines Pool Metropolitan Park District Board of Commissioners will give us the latest on Mount Rainier Pool regarding programs, events and plans for the MRP.

T Sept 16 11:30am	Activity Center
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Tony Piasecki, City Manager, City of Des Moines

The focus of Des Moines city manager Tony Piasecki's chat will be on general city issues pertinent to economic development and the 2015 city budget.

T Oct 21 11:30am	Activity Center
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Blueprint for Living Workshops

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

Reverse Mortgages-What You Need to Know

Get excellent information about the ins and outs of reverse mortgages. Facilitator: Washington State Attorney General's Office

T Sept 9 12:45pm	Activity Center
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Aging & Memory-What's Normal, What's not Normal?

Have you ever asked yourself..."He just introduced himself and I can't remember his name?" or

"Why did I come in the Kitchen?"

Some changes are to be expected as we get older while other changes are not normal. Get the facts. Presenter: Joan Kelly Licensed Medical

Social Worker, Geriatric Mental Health Services Highline Home Health

W Oct 1 11:00am	Activity Center
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SCAMS-Don't let it be YOU

Every day we hear of participants who have been either a victim of a scam or an attempted scam. A video from the Washington State Attorney General's office addresses how to recognize and respond to scams, particularly those that target the elderly. Bring your questions and take away a useful brochure and SCAM Alert magnet provided by the Des Moines Legacy Foundation.

T Oct 7 12:45pm	Activity Center
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Identity Theft/Estate Planning

Sad-but-True: most identity theft starts with a family member! The Washington State Attorney General's Office presentation illuminates identify theft and how to protect your estate.

M Nov 10 12:45pm	Activity Center
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Tools for the Road

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. Purchases are made directly to ORCA with cash, check or credit card.

T Oct 14 11:30am-12:30pm	Activity Center
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Public Transit Training

Learn the ins and outs of public transit including how to ride, time management, bus stop information, payment options, ORCA cards and how they are used and transit safety. Workshop attendees are eligible to go on the instructional transit field trip to a special destination paid for by METRO*.

T Oct 14 10-11:30am	Free	Activity Center
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*Public Transit Field Trip

ONLY for 10/14-Transit training attendees! Take a day-trip on public transportation to practice what you learned in the training. Return times TBD.

F Oct 17 10am Departure	Meet at Activity Center
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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/\$20AARP Non-member
T & W Oct 14-15 10am-2:30pm	Activity Center

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

Email

Learn the basic Email vocabulary, create a free account and begin the process of composing and sending emails.

W Sept 17 10:45am-12pm	Activity Center
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Intro to Computers

Practice the skills necessary for using a computer including using the mouse, selecting items and text, arranging windows and just plain navigating the keyboard and screen.

W Sept 17 12:30-1:45pm	Activity Center
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Internet Basics

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

W Oct 29 10:45am-12pm	Activity Center
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Social Media

Today's technology includes Facebook, Skype and Face Time - something that feels like it is right out of DickTracy and Don Smart's playbook. Discover how you can stay in touch with grandchildren and other distant relatives.

W Oct 29 12:30-1:45pm	Activity Center
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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

Want to learn to belly dance, add to what you know, have fun and laugh among friends? Learn to belly dance solo, improve choreography and dance to live music on stage. Do it for fun and exercise. Engage new muscles and have fun through belly dancing! Instructor: Saroya Poirier, Mediterranean Fantasy Festival.

Adults	\$60R \$65NR	Founder's Lodge
W Sept 3-Oct 22	Beginners	7-8pm
W Sept 3-Oct 22	Intermediate	8-9pm
Adults	\$45NR \$50NR	Founder's Lodge
W Nov 5-Dec 10	Beginners	7-8pm
W Nov 5-Dec 10	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 Sept 11- Oct 16 5:30-6:30pm Activity Center
Th Oct 23 - Dec 4 5:30-6:30pm Activity Center

Tai Ji Quan: Moving for Better Balance™

An evidence-based fall prevention program directed towards improving strength, balance, mobility, daily functioning and prevent falls in older adults and individuals with balance disorders. The target population is both community dwelling older adults, individuals with a history of falls and balance disorders and the general older adult population. Offered with funding support from El Dorado West a Village Concepts Retirement Community. Instructor: Rhonda Allison



Adults		Normandy Park Comm Ctr
M/W Sept 10-29	1:30-2:30pm	\$19
M/W Oct 1-29	1:30-2:30pm	\$28
M/W Nov 3-26	1:30-2:30pm	\$25
M/W Dec 1-17	1:30-2:30pm	\$19

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
Th Sept 11- Oct 16 1-2pm Normandy Park Community Ctr
Th Oct 23 - Dec 4 1-2pm Normandy Park Community Ctr



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 Sept 2-30	8-9am or 9:30-10:30am	\$37
T/Th/F Oct 2-30	8-9am or 9:30-10:30am	\$40
T/Th/F Nov 4-25	8-9am or 9:30-10:30am	\$27
T/Th/F Dec 2-19	8-9am or 9:30-10:30am	\$27

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 www.nwfpf.org/participate/events/seattle-dance-for-pd-summer-2014-session or call 877-980-7500.



Adults \$5 Suggested Donation
M Sept 15 - Nov 3 2-3:30pm Activity Center

ADULT ENRICHMENT

Aviation History: Museum of Flight Aircraft Restoration

Tom Cathcart, Museum of Flight's Aircraft Collection & Restoration Director, shares the collections, restoration responsibilities and photos of current and past restoration projects. Cathcart's experiences include 45-years of



collecting, restoring and flying vintage civil and military aircraft ranging from Piper Clubs to ex-military jets. Cathcart spent several years in Reno restoring and operating Russian military aircraft for the US Government and private owners.

Teens & Adults \$2 suggested donation
T Sept 23 7pm Activity Center

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
Sa Oct 11 8am-4pm Public Works & Parks Service Ctr
Sa Feb 21 8am-4pm Public Works & Parks Service Ctr
Sa March 14 8am-4pm Public Works & Parks Service Ctr
Sa April 18 8am-4pm Public Works & Parks Service Ctr
Sa June 6 8am-4pm Public Works & Parks Service Ctr

Winter Blackmouth Fishing

Learn winter strategies to fish Washington waters for salmon including hardware and bait techniques. Demonstrations presented for a boat. Instructor: Ralph Thomas, Recreation Staff.

All ages \$25R \$30NR
Th Nov 20 6-8pm Field House
Th Dec 18 6-8pm Field House

Leavenworth Tree Lighting Day Trip for Families

Experience the enchanting and Bavarian beauty of Leavenworth during the holidays! Here is the chance to spend the day with friends and family enjoying holiday cheer, shopping venues and delicious food. Cap off the afternoon with Christmas carols and the notorious tree lighting. Note: children must be accompanied by a guardian.

Families \$35R \$37NR
Sa Dec 6 Depart 9am Return by 9:30pm
*Family Discount - register two family members at full price and each additional receives \$5 off

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 Sept 4-25 7:15-9:15pm Field House
Th Oct 2-23 7:15-9:15pm Field House
Th Nov 6-Dec 4 7:15-9:15pm Field House

Line Dance

Dancing stimulates your mind, body and soul! Treat yourself to an afternoon of fun and movement sampling old and new line dances. No partner necessary. Instructor: Barbara Cornwall

Adults \$36
Th Sept 18 - Oct 23 2:30-3:30pm Activity Center
Th Oct 30 - Dec 11 2:30-3:30pm Activity Center

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 \$43
Th Sept 18 - Nov 6 2-4pm Wesley Garde

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 \$43
Th Sept 18 - Nov 6 10am-12pm Wesley Gardens

Watercolors:

More Explorations New!

Have fun while growing your watercolor skills. Working from photos and life, lessons include designing value plans for watercolors with punch, handling "edges" for atmospheric effects, watercolors and ink, and a "white" painting. Working from your own photos is encouraged, and instructor will also have photos. A Supply list and Tips on Photographing available upon registration. Instructor: Instructor: Susan Waite

Adults \$60
Tu Oct 21 - Nov 25 1-3pm Activity Center

Poetry 101 New!

"...It's almost too fierce to endure, the bee nuzzling like that into the blouse of the rose."

Excerpt from Hum by Mary Oliver

Have you always wanted to try your hand at poetry but couldn't quite get it done? Does being a beginner make you hesitant to take a class? If yes, then this class is just for you!

Instructor: Pat Doheny

Adults \$12
Th Nov 13-20 10am-12pm Wesley Gardens

Halloween? Already?!?! It's not too early to register for our first-ever

PUMPKIN PLUNGE

Get your pumpkin at the pool!

**SUNDAY
OCT. 26**

Two sessions: 1 or 3pm

GAMES • PRIZES • HALLOWEEN GOODIES

ADMISSION: \$5 PER PERSON

PRE-REGISTRATION REQUIRED

**CALL 206.824.4722
OR VISIT THE POOL**



PLEASE NOTE:

Children less than 48 inches tall must be accompanied by an adult in the pool or may pick a pumpkin from the water's edge



**Pumpkins
Float!**

206.824.4722

www.mountrainierpool.com



**MOUNT
RAINIER POOL**
22722 19TH AVE S
DES MOINES

FALL/WINTER 2014-2015 SCHEDULE (begins Sept. 1)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 - 7:30 am	Available for rentals	Lap Swim		Lap Swim		Lap Swim	Mount Rainier High School/King Aquatics swim teams
7:30 - 8:30 am		Pool Maintenance	Pool Maintenance	Pool Maintenance	Pool Maintenance	Pool Maintenance	
8:30 - 9:30 am		Shallow Water Ex/Lap Swim	Shallow Water Ex/Lap Swim	Shallow Water Ex/Lap Swim	Shallow Water Ex/Lap Swim	Shallow Water Ex/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		Mount Rainier/King Aquatics swim teams	Mount Rainier/King Aquatics swim teams	Mount Rainier/King Aquatics swim teams	Mount Rainier/King Aquatics swim teams	Mount Rainier/King Aquatics swim teams	Public Swim 1-2 pm
5:30 - 7 pm		Swim Lessons & King Aquatics	Swim Lessons & King Aquatics	Swim Lessons & King Aquatics	Swim Lessons & King Aquatics	Family Swim 6 - 7 pm	*1 Public Swim (First Saturday only) 2-3 pm
7 - 8 pm		Public Swim	Water Exercise	Public Swim	Water Exercise	Public Swim	Available for rental 2 (3) -10 pm
8 - 9 pm		Lap Swim/Exercise		Lap Swim/Exercise		Lap Swim	

YOUTH ACTIVITIES

YOUTH

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	Sept 10 – Oct 29		
W	Nov 5 – Dec 17		
Tiny Tigers	Age 4-6	4:15-4:45pm	Field House
Beginners white belt	Age 6+	4:45-5:25pm	Field House
Colored Belts	Age 6+	4:45-5:45pm	Field House

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	Sept 3-26	5:30-7pm
W/F	Oct 1-31	5:30-7pm
W/F	Nov 5-28	5:30-7pm
W/F	Dec 3-26	5:30-7pm

Attention Parents!

Parent's Night Out

Get date night back and enjoy peace of mind knowing your children are in the hands of caring, trained staff ready to engage them in active games and spark their imagination with arts and crafts. Dinner included.

Ages 4-12 **Field House**
Sa Sept 27 6-10pm **\$15R \$19NR**

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!

Ages 4-12 **Field House**
F Nov 21 10-2pm **\$15R \$19NR**
Sa Dec 6 12-6pm **\$22R \$26NR**

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 meeting dates. Facilitator: Cassie Swan, Recreation Staff

Grades 6-9 **FREE**
Meets twice a month TBD Location: TBD

Teen Dances

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

Grades 6-8 - student ID required for admission **\$7**
Beach Bash Sept 26 7:30-10pm Field House
Haunted House Oct 24 7:30-10pm Field House
Freeze Out Dec 5 7:30-10pm Field House

Better Babysitters 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 and care for infants and start a babysitting business. Bring a sack lunch and a snack. Bring \$16.50 materials fee to instructor, first day of class. Instructor: Gaylynn Smith, Pro Cert

Ages 11-15 **\$55R \$65NR**
Sa Sept 20 8:30-2:30pm TBD
Sa Nov 8 8:30-2:30pm TBD

Teen Adventures

Look no further than your own backyard to add more adventure to your life! Reserve your spot now and enjoy exhilarating trips for teens of all abilities. **Ages 12-18**

Hike and a Milkshake

Su Oct 12 10-4pm Little Mt Si **\$20R \$22NR**

Rock Climbing

Sa Nov 8 10-4pm Edgeworks Climbing **\$40R \$42NR**

MORE ACTIVITIES FOR TEENS...

Teens - you may also enroll in the DMPR Divas Football Squad (pg. 5), Winter Blackmouth Fishing, American Boating, Aviation History or Dog Obedience courses. See class listings on the page 8.

YOUTH ACTIVITIES

YOUTH



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

Field House

M T W Th	Sept 9 – Oct 3	9:30am-12pm	\$70R \$580NR
M T W Th	Oct 1 – 30	9:30am-12pm	\$120R \$140NR
M T W Th	Nov 3 – 26	9:30am-12pm	\$110R \$130NR

Indoor Tot Time

Keep your little ones active indoors as the weather turns 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 \$18 10-visit punch card or \$2/drop-in per child

Tu Ongoing beginning Sept 15 10am-12pm Field House

Mini Kickers

Start soccer off right with an introduction to warming-up, stretching, dribbling, passing, shooting and defensive work. It's a great opportunity for kids to meet other kids from the community. Facilitators: Staff.

Age 3-5

\$30R \$35NR

M-F	Sept 8-12	5:30-6:30pm	Field House
M-F	Sept 15-19	10:30-11:30am	Field House

Art Discovery

Students explore their artistic side with fundamental art elements such as line, shape, texture, color, value and space drawing their favorite animals, characters, still life and landscapes while developing drawing and painting skills. Students will use their individual vision to create a unique finished piece. Instructor: Cassie Swan, Recreation Staff

Ages 5-7

\$60R \$65NR

Tu Sept 23-Oct 28 4-5pm FH Studio

Building Creative Confidence

Time to build that artistic muscle! Anyone can learn to draw and this class is for the beginner. Students learn foundational drawing and painting concepts as they build confidence in their skills and their ability to make their own artistic decisions. We will explore other mediums in this class such as chalk, oil pastel, watercolor, acrylic paint and colored pencils. Instructor: Cassie Swan, Recreation Staff

Ages 7-9

\$60R \$65NR

Tu Sept 23-Oct 28 5:15-6:15pm FH Studio

When I'm in Charge

Help your child be aware and prepared for being home alone. This course will make participants aware of potential dangers and teaches responsibility for personal safety and the safety of younger siblings. Topics include: keeping your house key safe, door safety, dealing with fires, gas leaks, phone and internet safety, how to get help and other safety topics. Instructor: Gaylynn Smith, Pro Cert.

Ages 9-11

\$30R \$35NR

Sa	Sept 20	3-5pm	TBD
Sa	Nov 8	3-5pm	TBD

DMPR DIVAS Football Squad

Become part of a fun team of young ladies and learn the basics of drill/dance with basic choreography. DMPR Divas provides girls a great way to learn dance moves as a group and how to perform. The Football Squad will include performances at two local high school football games with the goal of performing at a competition for fun! Instructor: Helena Caldwell, Highline High Drill Coach.

Ages 7-14

\$50R \$55NR

Registration Deadline: 9/26 Additional \$25 uniform fee
M Sept 29-Nov 15 4-5:30pm 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 a donation at www.desmoineswa.gov/recreation or by calling 206-870-6527.

YOUTH SPORTS



LEAGUES

Youth & Teen Basketball Leagues

Hoop season is here – and the focus shifts to developing basketball techniques, effective team building while providing players with a competitive experience – all for an affordable cost!

League Sponsor: Land O'Frost Lunchmeat Meats

Season: Mid-November – early March

Games: Played on weekends at local schools and the Field House

Practices: Scheduled one night a week starting late November



Coed Youth Division Features 8-foot baskets!

Grade K
Grad

Youth Recreation Divisions Teams play in a local league

Boys Division	Girls Division
Grades 3-4	Grades 3-4
Grades 5-6	Grades 5-6
Grade 7-8	Grades 7-8
Grade 9-10	

Teen Division Teams participate in the South King County Teen Basket ball league with teams from Tukwila, Renton and SeaTac Parks and Recreation.

Boys Division	Girls Division
Grades 7-8	Grades 7-8
Grades 9-10	

Check out our Early Bird Rates!

The earlier you register the more affordable...best deal begins in September.

Registration Dates

Sept 3 - Oct 1	Player Fee \$60R \$65NR
Oct 2 - Nov 1	\$70R \$75NR
Nov 2 - 18	\$80R \$85NR
Nov 16 - 29	\$95R \$100NR
Nov 29	Registration Closed
December 1-21* Late Registration	\$145 \$150

*Placement on a team is not guaranteed

Coaches Meeting

November 4 6pm Field House

Basketball Training Clinic

Improve your basketball skills with Coach Michael Johnson, formerly of South Sound Athletics, and build the necessary confidence to be a successful B-ball player.

Features: Training and conditioning Passing, shooting, dribbling and playing without the ball in your hands!

Gain these skills: In Out crossover In Out pin move Jab step Shooting mechanics Jump stop step through Ways to make your teammates even better!

Coach Johnson brings with him the knowledge, passion and skills to improve any basketball player at any skill level.

Age 7-16		\$120R \$125NR
High School		\$150R \$155NR
TTh Sept 3-27	4:30-5:30pm	Field House
TTh Oct 1-31	4:30-5:30pm	Field House

3-on-3 Sunday Evening Fall League

Get basketball game experience and meet new players! Participants sign-up individually and staff will create balanced teams.

Grades K-2, 3-4 & 5-6	\$65R \$70NR
Su Sept 14-Oct 26	Field House

PRE SEASON Hoop Camp

Basketball season is approaching fast - time to challenge yourself and improve your game! This developmental skills camp is designed to help players of all levels improve while having fun. Offensive focus: dribbling, passing and shooting. Defensive drills: foot positioning and handwork. Facilitators: Ken Bush

Age 7-15	\$25R \$30NR
Sat Nov15	9am-12:30pm Field House

Rams Hardwood Winter Basketball Camp

Players receive expert instruction focused on individual development and team work. Players improve dribbling, shooting, rebounding and other essential basketball skills and use them in games and competition. Facilitators: Mt Rainier HS Head Coach Ken Bush with current and past players.

Age 7-15	\$50R \$55NR
M/T Dec 22-23	9am-12pm Mt Rainier Gym

Discounts available for groups of 5 or more participants!



PTSA Discount

Join your local PTSA and show your 2014-15 Membership Card to receive a 10% discount the first time you enroll your child in a Des Moines Recreation Activity*. Offer valid through the 2014-15 school year. Call 206-870-6527 for information.

* Excludes one-time events.

CLUB KHAOS

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

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 sessions throughout the school year calendar.



Sunrise to Sunset

Give yourself worry-free day and a significantly fee reduction.

Sites	Dates	Fee: Res	Non Res
Highline	Sept 3-30	\$360	\$380
Federal Way	Sept 3-30	\$400	\$420
Highline	Oct 1-31	\$395	\$415
Federal Way	Oct 1-31	\$440	\$460
Highline	Nov 3-21	\$260	\$280
Federal Way	Nov 3-26	\$300	\$320
Highline	Dec 1-19	\$270	\$290
Federal Way	Dec 1-19	\$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 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

Field House

Day Dates	District	Camp
Fri, Oct 10	FW&H	No School
Th F, Nov 6-7	FW	Conferences
T, Nov 11	FW&H	Veteran's Day
M-W, Nov 24-26	H	Conference Break
M-F, Dec 22-Jan 2	FW&H	Winter Break
Daily Drop-in Fee:		\$35R \$37NR
Winter Break Fee:		\$240 \$250
Conference Break Fee:		\$90 \$95

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 start

Sites	Dates	Fee: Res	Non Res
Highline	Sept 3-30	\$270	\$290
Federal Way	Sept 3-30	\$200	\$220
Highline	Oct 1-31	\$300	\$320
Federal Way	Oct 1-31	\$220	\$240
Highline	Nov 3-21	\$190	\$210
Federal Way	Nov 3-26	\$150	\$170
Highline	Dec 1-19	\$200	\$220
Federal Way	Dec 1-19	\$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 pay. Time is set aside for homework.

School dismissal – 6pm

Sites	Dates	Fee: Res	Non Res
Highline	Sept 3-30	\$290	\$310
Federal Way	Sept 3-30	\$320	\$340
Highline	Oct 1-31	\$325	\$345
Federal Way	Oct 1-31	\$350	\$370
Highline	Nov 3-21	\$210	\$230
Federal Way	Nov 3-26	\$240	\$260
Highline	Dec 1-19	\$200	\$220
Federal Way	Dec 1-19	\$240	\$260

Drop-in Fee:

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

**Saturday, Dec 14,
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.

SPECIAL EVENTS



JOIN US FOR OUR ANNUAL
Spaghetti Night
 FRIDAY, OCTOBER 3, 2014
 5:00-7:00PM

Des Moines Activity Center
 2045 S 216th Street
 206.878.1642

ADULTS: \$10
 CHILDREN: \$5
 * FAMILIES: \$20

SPONSORED BY:



Family: 2 adults plus children 12 & under



Tickets
 Only \$1

Raffle to Benefit Des Moines and Normandy Park Activity Center Programs

Enjoy *Work Horse*, a framed, limited edition print by Nancy Bogni.

Purchase tickets at Des Moines' Activity Center, Field House or Marina Office
 Drawing: Wednesday, November 19, 2014 @ 12:30pm
 Des Moines Normandy Park Activity Center
 Need not be present to win.

All proceeds benefit programs and services for older adults and their families.

HALLOWEEN CARNIVAL

Friday, October 31, 5-8pm

A host of "frightfully fun" skill challenging games!
 Ages: 12 & under* \$5 plus (optional) non-perishable food donations for the Des Moines Food Bank

* **Des Moines Field House** *
 1000 S 220th Street, Des Moines

*Children under age 5 must be accompanied by an adult.



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 11
 Redondo Bonfire at 8:45pm Ship Appearance 9pm
Wed, Dec 17
 Beach Park Bonfire at 6:45pm Ship Appearance 7:20pm

Rec'n 2011

September - December 2014

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Holiday
Special**

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Trips Near
and Far**

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**Book Your
Holiday Party
Now!**

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