



DES MOINES 

CITY CURRENTS

FALL 2016

SEATTLE SYMPHONY
Sunday, October 23rd, 2016
Des Moines Beach Park
Auditorium

PROJECT UPDATE
Lower Massey Creek
Improvements

MARINA DISTRICT
On The Upswing

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

ECRWSS
Postal Customer





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& IMPLANT DENTISTRY

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Dr. Paul Chilton has been a trusted dentist for over 25 years. He has been well respected by his colleagues and peers. He is a leader in general, cosmetic and implant dentistry. His passion for his

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From three dimensional digital images, placement of dental implants, bone augmentation to the final restoration, Dr. Chilton and his staff can take care of your needs in one convenient location.

Do you have?

- Congenitally missing teeth
- Partials or Dentures
- Loose teeth
- One or more missing teeth

Are you interested in?

- Teeth in the same day
- How to finance dental implants
- How your dental insurance may help pay for dental implants
- All on four dental implants

**If you have answered yes to any of these questions, please call today to learn more

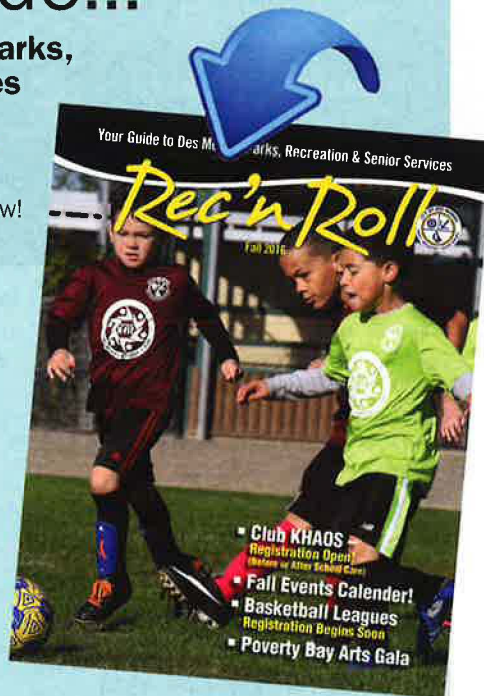
www.olympicviewdental.com

On the flip side...

Your Guide to Des Moines Parks, Recreation & Senior Services

Flip the magazine over to check out the **FALL** schedule.

- Camp KHAOS schedule – Register now!
- Get Out and Have Fun: Outings to gardens, restaurants, performances and travel abroad!
- Sign ups available for basketball.



2016 FALL

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Enrichment Programs

A variety of classes are available for both children and adults. Class variety may include movement, crafting, dance, music, sport skills, open gym, etc.

Parents Night Out

Twice a month we offer a fun filled evening of movies, games and activities while parents go out and enjoy worry free adult time.

Event Room Rental

1800 sq ft Event Room is available to rent by the hour. Rental includes use of huge projection screen, free Wi-Fi, multi-media system and free parking.

Visit our website or Facebook page for our schedule and more details.

[facebook.com/AuntiesPlayhouse](https://www.facebook.com/AuntiesPlayhouse)



206-592-6141

Normandy Park Towne Center
19805 1st Avenue South #101
Normandy Park, WA 98148

www.auntiesplayhouse.com

Council Highlights

City Council Highlights from May-July

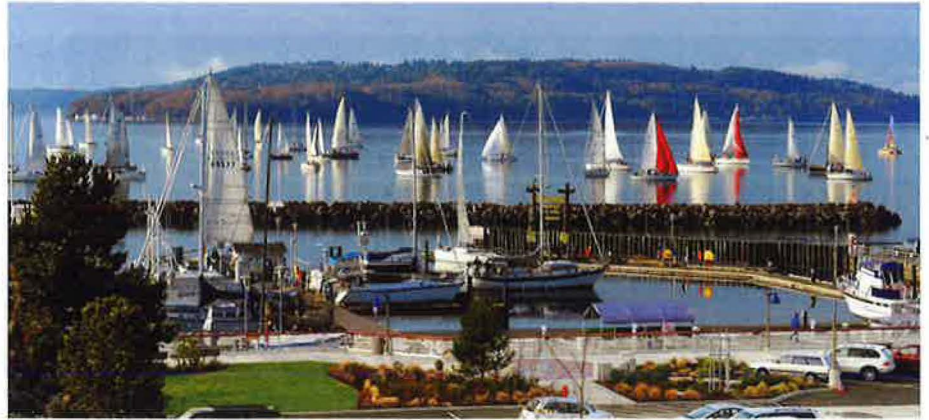
Ordinance 1649-1657
Resolution 1330-1336

Held Public Hearings:

- Update to Des Moines Environmentally Critical Area Regulations, Ordinance 1649
- Siting of Essential Public Facilities
- Allowed Uses and Development Regulations for the W-C Woodmont Commercial Zone
- Transportation Improvement Plan, Resolution 1332
- Renaming a Portion of 19th Avenue South to Rainier Drive South
- Zoning Code and City Land Use and Development Regulations and Amending Chapters 18.01, 18.10, 18.15, 18.20, 18.52, 18.55, 18.105, 18.140, 18.190, 18.195, 18.200 and 18.210 DMMC, Ordinance 1655

Approved the Following Action:

- Set Public Hearing to Rename a Portion of 19th Avenue South to Rainier Drive South, Resolution 1330
- Set Public Hearing to Amend Chapter 18.01, 18.10, 18.15, 18.20, 18.52, 18.55, 18.105, 18.140, 18.190, 18.195, 18.200 and 18.210, Resolution 1331
- Marina Short Plat - LUA08-025
- Sun Home Lodge Grant Requests
- Agreements with Highline Water District and Puget Sound Energy for the 268th Street Sidewalk Improvements
- Approved Task Order Assignment for Design/Permitting of the Barnes Creek/KDM Road Culvert Project
- Automated Red Light Running Enforcement Professional Services Contract with ATS
- Updated Engagement Letter for Summit Law Group to Represent the City for Labor and Employment Matters Concerning the Police Guild and Police Management Association
- Reclassifying Municipal Court Judge as Part Time Appointed Position, Ordinance 1650
- Franchise Agreements with Highline Water District, Southwest Suburban Sewer District and Midway Sewer District, Ordinance 1651, 1652 and 1653
- Accepted Three Public Art Sculptures from the Des Moines Legacy Foundation
- Approved Dorothy M. Provine Estate Bequest-\$150,000 Expenditure Recommendation
- Contract Award for the 2016 Field House Roof Repairs Project



- Citizens Advisory Committee Amendments, Ordinance 1648
- Department of Ecology Agreement for Parkside Park Soil Remediation
- 2016 Summer Events Agreement with Destination Des Moines, Resolution 1333
- Discussion of 2017-2022 Capital Improvement Plan
- Second Reading of Allowed Uses and Development Regulations for the W-C Woodmont Commercial Zone, Ordinance 1656
- Set Public Hearing to Consider Amendments to the City's Comprehensive Transportation Plan, Resolution 1334
- Set Public Hearing to Consider Transportation Impact Fee Rate Study Update, Resolution 1335
- Creation of an Option for Deferred Payment of Impact Fees, Ordinance 1657
- J Dock Fire - Final Insurance Settlement
- Approval of 2017-2022 Capital Improvement Plan, Resolution 1336

- Local Government 101 Part 9: Planning, Building and Public Works
- Citizens Advisory Committee Appointments: Warren "Geoff" Copeland, Matthew Mahoney, Alena Rogers, Patrick Nardo, Dale Dowsing, Kevin Isherwood, Susan White, Ben Stewart, Ken Rogers, Lynn Henderson-DeBoo, William "Bill" Linscott, Sandra Higgins, Debrena Jackson Gandy, Kyle Curtis, Doreen Harper, Rorie Zajac, Patricio Mendoza
- Held Discussion of Challenges and Opportunities with Judson Park Retirement Home Executive Director Nikole Jay, Judson Park Retirement Home Board Chair Steve Aita, Judson Park Retirement Home CFO Pam Claassen, Judson Park Retirement Home Vice President of Construction and Redevelopment Russell Mauk and Wesley Homes President and CEO Kevin Anderson
- Held City Manager Interviews
- Held Meet and Greet Open House for City Manager Candidates

Other Action Taken:

- Music4Life Proclamation
- Local Government 101, Part 8: Capital Budgeting
- Local Government 101, Part 7(b): Criminal Justice System: Court, Prosecution and Public Defense
- Held Discussion of Challenges and Opportunities with Senator Karen Keiser, State Representative Tina Orwall, State Representative Mia Gregerson, State Representative Linda Kochmar, State Representative Teri Hickel and Port Commissioner Tom Albro
- Recognized Dick Body for Outstanding Community Service to the City of Des Moines and the Des Moines/Normandy Park Senior Activity Center
- Arts Commission Appointment: Alfonso De Anda
- Held Discussion of Challenges and Opportunities with Fire Chief Dr. Al Church, Chairman of the Board of Fire Commissioners, South King Fire & Rescue Bill Gates, Chair of the Board, Des Moines Pool Metropolitan Park District Toni Overmyer and Commissioner, Des Moines Pool Metropolitan Park District Marty Martinson

DES MOINES CITY COUNCIL



Matt Pina
Mayor



Vic Pennington
Mayor Pro Tem



Robert K Back
Councilmember



Luisa Bangs
Councilmember



Dave Kaplan
Councilmember



Melissa Musser
Councilmember



Jeremy Nutting
Councilmember

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



From the Mayor



FOR MANY YEARS THE COUNCIL HAS COMMUNICATED THE BUDGETARY CHALLENGES OF THE CITY. Simply put, we have been using the revenue from one time projects to pay for recurring annual

expenses. Although this has helped the City to get through some very challenging economic times, it is not a sustainable practice and will not ensure our City's future. As a council we are working with the staff and community to make some difficult decisions that will change our direction to one of long-term sustainability. In this letter I want to highlight the journey as well as emphasize the success of our new direction.

Where we have been (History)

Suburban cities in King County and elsewhere have all faced significant budget challenges over the past decade, especially enduring the Great Recession and the following recovery period. Before the 2008-2010 period which marked the disruption of the national and international economy, suburban cities relied primarily on property tax as their main source of revenues. This seemed to make sense because as home values increased so did the amount collected. However, due to a recent change in Washington law, property tax increases are now limited to just 1% per year. Since property values had dropped dramatically during the recession, recovering at 1% per year created a significant and long term funding gap within the City's budget. At the end of 2014, Des Moines' financial condition had become critical, cash reserves in some funds were gone and others nearly gone. Many vehicles, technology and equipment were in need of replacement and little or no money was available for replacements. After a decade of cost cutting and lay-offs, there was not much left to cut and still provide the current level of services the public expects and deserves.

What we have done (Tough Decisions)

We knew we must increase and diversify our revenue base in order to provide public safety, functional and effective city services, parks and recreation, senior services, emergency management, and an efficient and effective government. This has been a challenge, but Des Moines is turning the corner.

Many of our choices are no different than what any business faces. Diversifying our revenue streams will help ensure an efficient

operation and focus all the parts of the organization in the same direction. With this change in strategy the City can better ensure that:

- Public safety receives the resources necessary to make our City safe and secure,
- Parks, recreation and senior center programs function effectively for our residents,
- Public Works keeps the infrastructure of the City, its roadways and other infrastructure strong and modern, and
- The community development processes are smooth and timely; supporting structures that are built to be safe and conform with building codes.

We have been challenged in all these areas, but let me share with you how our City Council and City Administration have responded.

In order to save money, the City instituted furloughs for employees this year. City Hall has been closed the first Friday of each month. We also instituted several programs to increase revenue and support critical City functions. These include:

- Successful negotiations with our water and sewer districts to sign franchise agreements addressing mutual issues and providing needed resources to the City,
- Approving the installation of red light cameras at a number of high incidence

City intersections, to enhance safety and penalize those who do not follow the law, and

- Approving paid parking in the Marina so nonresident users will start contributing to the maintenance of our beautiful waterfront access.

We also reduced some services. Watering times for City parks were cut to save on utility costs and janitorial services for public buildings were reduced. Additionally, some organizational changes were made leading to increases in efficiencies and greater cooperation between departments. However, these changes did have an impact on staffing. The impact included the reduction of our Code Enforcement Officer position, moving the responsibility to be shared between several other existing employees in the Police and Planning, Building and Public Works Departments. One Court Clerk position was lowered to half time and one Senior Activity Coordinator position was down-graded and reduced to part time.

Where we are headed (It's a new day for Des Moines)

The future is bright. As I recounted in the last City Currents, our economic development activities are moving forward in a very positive manner. As the business park and other growth areas come online, they will provide resources for the City

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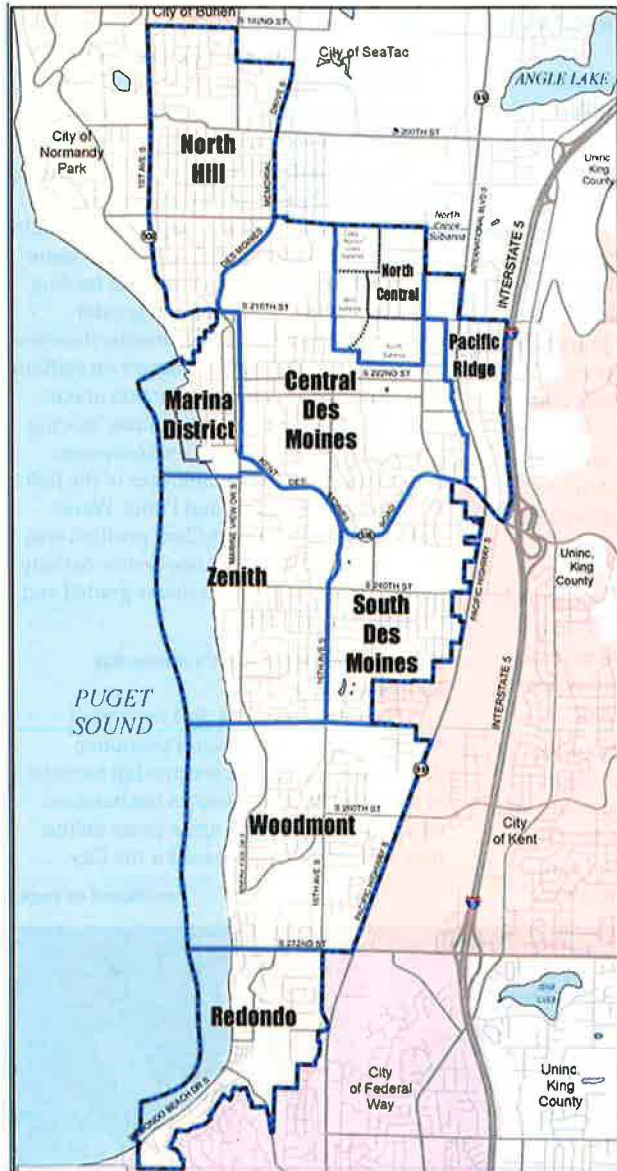


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Normandy Park, WA 98148

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store2485@theupsstore.com

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patricio@eccomputer.com

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bstew1944@comcast.net

(P)=Primary
 (A)=Alternate

DES MOINES DIRECTORY



City Hall
 21630 11th Avenue South
 206-878-4595
Business Hours
 Monday – Friday
 8:00am – 4:30pm
www.desmoineswa.gov

City Council
 Matt Pina, Mayor
 Vic Pennington
 Mayor Pro Tem
 Luisa Bangs
 Robert K Back
 Dave Kaplan
 Melissa Musser
 Jeremy Nutting

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 VPennington@desmoineswa.gov
 LBangs@desmoineswa.gov
 RBack@desmoineswa.gov
 DKaplan@desmoineswa.gov
 MMusser@desmoineswa.gov
 JNutting@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	206-870-6532
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	
Animal Control	206-870-6529
Field House	206-870-6527
Fire (non-emergency)	253-839-6234
Library, Des Moines	206-824-6066
Library, Woodmont	253-839-0121
Police Dispatch (non-emergency)	206-878-2121

Utilities and Services

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

CALL BEFORE YOU DIG:
 Utility Locates 800-424-5555



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and further support the diversification of our revenue streams. This will include increased contributions in sales tax, lodging tax, business and occupation tax, development fees and increased property tax on commercial land and buildings. Many large, new developments have broken ground this year which when completed, will result in new, sustainable revenues. This will provide resources for continued city services and help address Council's top concerns: public safety and long-term sustainability. The City Council will be meeting on August 13 to review updated five year financial projections based on all the changes authorized and implemented thus far and to start the discussion and process of creating the 2017 Annual Operating Budget.

A new Citizen's Advisory Committee has been formed to help communicate to City Council their neighborhood priorities and concerns. This new committee is part of

our ongoing commitment to improving the Council's communication and connection with the community. They are an additional conduit for communication with the community. This advisory committee will help provide feedback to City Council not only on budget priorities but also with regards to the City Council's goal setting process for 2017.

As your Mayor, I am very positive about the direction we are headed. This direction celebrates our past, our heritage, our quality of life and our love for Des Moines. It is a direction that charts a successful course for the future. As we move forward I encourage all of you to participate in your neighborhoods and community and to express your views to your elected officials. We are listening.

*Matt Pina,
 Mayor & Councilmember
 City of Des Moines, WA*



Life just looks better from here.

You'll find few places offering you possibilities for creativity, action and involvement all at one community. Fewer still that offer all levels of living – also at one community. When found together, that's Judson Park, the sound choice for senior living. *Who* we are is as much a part of our fabric as *what* we are:

- Residential living for independent-minded people seeking a strong sense of community
- Short-stay rehabilitation and respite programs – open to the general public through direct admission
- On-site assisted living, memory support and long-term nursing care
- A robust, opportunity-rich lifestyle for those who aspire toward successful aging
- Accredited by CARF-CCAC for meeting strict national standards for quality services – less than one in five communities can say this



Look at life from a Judson Park point of view.

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or visiting ExperienceJudson.com.



23600 Marine View Drive South
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1-866-909-8850
ExperienceJudson.com



Judson Park in Des Moines, Washington, is managed by ABHOW, a California nonprofit public benefit corporation. ABHOW is a nonsectarian corporation, serving seniors through quality retirement housing since 1949. License #BH-681, DHS #797.

No Hot Dogs Please!

The State of Washington has updated a law regarding leaving an animal unattended in a vehicle where it could be harmed. This code helps those of us in Law Enforcement to provide care to an animal, usually a dog, that is left unattended in a vehicle that is too hot.

RCW 16.52.340

Leave or confine any animal in unattended motor vehicle or enclosed space—Class 2 civil infraction—Officers' authority to reasonably remove animal.

(1) It is a class 2 civil infraction under RCW 7.80.120 to leave or confine any animal unattended in a motor vehicle or enclosed space if the animal could be harmed or killed by exposure to excessive heat, cold, lack of ventilation, or lack of necessary water.

(2) To protect the health and safety of an animal, an animal control officer or law enforcement officer who reasonably believes that an animal is suffering or is likely to suffer harm from exposure to excessive heat, cold, lack of ventilation, or lack of necessary water is authorized to enter a vehicle or enclosed space to remove an animal by any means reasonable under the circumstances if no other person is present in the immediate area who has access to the vehicle or enclosed space and who will immediately remove the animal. An animal control officer, law enforcement officer, or the department or agency employing such an officer is not liable for any damage to property resulting

from actions taken under this section.

(3) Nothing in this section prevents the person who has confined the animal in the vehicle or enclosed space from being convicted of separate offenses for animal cruelty under RCW 16.52.205 or 16.52.207.

Even though the seasons and weather are changing, it is an issue that still arises. I certainly get "dog in a hot car" calls in the summertime, however I also get them other times of the year as well. For example, it may be quite cool in the morning, and a dog owner takes his dog with him to run errands; the dog owner will go inside a store to shop and doesn't realize the sun has come out and it has gotten way too warm for the dog inside the car.

Vehicles are like "greenhouses", the windows magnify the sun's rays and it can get very hot, very fast. In addition, dogs do not "sweat" like humans do, they do not rid themselves of heat very efficiently as they only cool themselves by panting and sweating through the pads of their feet. So, if you feel a bit warm, your dog may be too hot. At 75 degrees outside, inside a vehicle can become 100 degrees in only TEN MINUTES!

If you see an animal inside a vehicle that looks in distress (excessive panting, dark or bright red tongue and gums, staggering, or in a stupor or having seizures) and no owner is nearby to help, please call 911 so a Law Enforcement Officer can respond to assist. Thank You!

Master Animal Control Officer
Jan Magnuson

DES MOINES CREEK BUSINESS PARK



Construction activity is in full swing at the 89 acre business park located on 24th Avenue South between South 216th Street and South 208th Street.

Phases 1 & 3 (northern phases): Phases 1 and 3 contain five buildings with approximately 1,000,000 square feet to accommodate flexible-use, manufacturing, office, distribution, and industrial business park uses. Building shells for Phase 1 have been completed and tenant improvements are underway. Site and civil work for Phase 3 is underway and the building permits for the two buildings have been issued. Tenants include K2 Corporation, PODS Enterprises, Greencore Group, Organically Grown Company, Kardiel, Meiko America, and Amerisource Bergen.

Phase 2 (southern phase): Design Review and Grading Permit approvals have been issued for the FAA Northwest Mountain Regional Headquarters and the building plans are under review. A Groundbreaking Ceremony was held on June 7, 2016 and clearing and grading activities are underway. The five story office building for 1,600 employees will be approximately 300,000 square feet.

Des Moines Waterfront Farmers Market

SATURDAYS 10am - 2pm June 4 - September 24



~~August 20 Pancake Breakfast~~
September 10 Back to School Safety Day
Food Truck-In
September 24 Last Day

Located in the Des Moines Marina www.dmfm.org



New Street Banners in 2016!

Please notice the new street banners on Marine View Drive and 7th Avenue. The new banners create identity for the Marina District as residents and tourists pass through the city while promoting local businesses. The banners are fade resistant and made from a heavy 22 ounce vinyl. Each banner is \$200 for 1 year with an annual renewal fee of \$125. If you have a business in Des Moines and would like to participate, several locations along 7th avenue are available. Phone 206-870-6547 or email jbest@desmoineswa.gov for additional information.



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Lower Massey Creek Improvements Project Update

Construction is underway this summer for the Lower Massey Creek Improvements Project located along the creek adjacent to Kent-Des Moines Road (KDM) east of Marine View Drive (MVD). The purpose of the project is to reduce flooding that occurs at the KDM/MVD intersection by widening the channel, constructing a flood control berm in the vacant land east of Taco Time, constructing a 200-foot long sheet-pile retaining wall along the south side of the creek, and installing a pump station. The project will also include installing native plantings along the stream, removing invasive species and installing fish habitat features such as woody debris, stream boulders and bank logs.

Presently, during large storms combined with high tides, the capacity of the channel is exceeded causing the creek overbank east of Marine View Drive. Flooding is further exacerbated by a very shallow storm drainage system that drains to Massey Creek and tends to back up when the creek levels rise, thereby preventing the intersection from draining until both the tide and creek levels lower. This project will increase the capacity of the channel to prevent the overbanking. The high-flow pump station will also be used to rapidly drain the intersection for flooding that may occur with the high creek levels.

Reed Trucking & Excavation, Inc. has been awarded the construction contract and Tetra Tech will be providing construction management services for the project.

As of mid-July the site has been cleared and the sheet-pile wall is nearly complete. A 30-inch flow bypass pipe is being installed to bypass the stream flows while the creek channel is widened.

The project is scheduled to be completed by November 1. Two-way traffic will be preserved along Kent-Des Moines Road with temporary interruptions for delivery or haul of equipment and materials.

For additional information about this project, please contact Loren Reinhold, Surface Water Utility Manager at (206) 870-6524 or email at lreinhold@desmoineswa.gov.

Help us
keep storm
drains clear
this Fall!

Fall will be here soon with winter right around the corner. Leaves will start to fall along with the rain. You can help keep your homes and streets safe from flooding by taking a rake or shovel, and removing leaves and debris from gutters, drains and storm basins to help 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.



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beautiful smiles
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professional
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Housing Repair Assistance Program



The City of Des Moines is once again providing minor home repair services to City resident homeowners who have "extremely low" to "low" incomes based on U.S. Department of Housing and Urban Development (HUD) income guidelines. This is done by providing free repair services to improve the health and safety of our residents as they live in their homes. Funding for this program is provided by a Community Development Block Grant through King County.

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, access ramps and application of non skid surfaces
- Safety – installation of smoke alarms, security/safety lights, carbon monoxide alarms and locksets
- Other – faulty furnaces, faulty gutters and roof leaks, broken window glass panes

HOW DO I QUALIFY FOR THESE FREE SERVICES?

1. Be an owner/occupant within the Des Moines city limits for at least one year with no intention of selling in the next 12 months, have proof of home owner's insurance, and meet the HUD income guidelines for the program.
2. Complete the application process

HOW DO I APPLY?

To apply for this program please follow these directions:

1. Request an application by calling 206-870-6535.
2. Complete the application forms and return them with the supporting documentation to the City of Des Moines/Minor Home Repair at: 21630 11th Ave. S. Ste. D, Des Moines, WA 98198
3. Once your application is processed and evaluated you will receive a phone call informing you of your acceptance or non-eligibility for our program. Upon acceptance your job will be referred to one of our contractors who will call you to make an appointment to perform those services. Services that are required for your health and/or safety are the highest priority.

Bench Donation Program



The City installs and maintains many park benches throughout the city. The Bench Donation program allows citizens and businesses to

dedicate a bench to a family member or friend for a 10 year time frame with 5 year renewals available thereafter. If you are interested in purchasing a bench to honor someone you know, please phone 206-870-6547 for more information or email jbest@desmoineswa.gov.

POVERTY BAY

BLUES & BREWS

PRESENTED BY NORMANDY PARK TOWNE CENTER

4 Blues Bands • 20 MicroBrews

Aug 27, 2016 Noon-8pm

Blues & Brews benefits

Highline
Music4Life

The ongoing program that acquires used musical instruments from adults who no longer need them, gets them fully repaired and ready-to-play and provides them at no cost to Highline Public Schools for use by the elementary-aged children of low-income families.

www.DrinkToMusic.Org



The Marina District is on the Upswing

The Des Moines Comprehensive Plan (2015) presents a vision for the Marina District that includes a revitalized Downtown with a small-town charm reflecting the City's rich history. The vision includes a hope for new businesses and a vibrant district for shoppers and residents. Four quality projects in various stages of development review or construction are a step in the right direction for the Des Moines Marina District.

You may have noticed the recently completed **Dougherty Building** at the corner of **South 223rd Street and 7th Avenue South**. This inviting mixed use building features a "cut" corner design that creates a sense of openness and provides a welcoming covered outdoor space. The street level has two commercial spaces with recessed entries and ample sidewalk space for pedestrians and customers while the upper level contains two apartment units. The site is ready for small scale retail activity and residential living!

A larger scale project that is under construction is **The Adriana - Senior Housing Project** located at **22525 7th Avenue South**. The completed project will be a 5-story wood-frame building over a concrete podium containing retail space at the street level and

135 senior apartments above. The architect (Jeffrey J. Hummel Architects, P.C.) gave special attention to the design of this building using the Marina District Design Guidelines. Key elements include façade modulation both horizontally and vertically; locating the building adjacent to the sidewalk with landscaping between the building wall and sidewalk edge; a pedestrian-oriented street frontage; and an in-structure parking garage. An enclosed courtyard and roof top garden terraces provide spectacular views.

Marina 87 Apartments located at **22325 and 22335 7th Avenue South** recently received design approval for a 5-story mixed-use apartment building containing 89 residential units above retail and business service uses at the street level. The project design includes distinctive entry features, changes in materials and modulation of the facade to provide visual interest and help to soften the building form. Large storefront windows, multi-

tenant entries, wide sidewalks, distinctive paving materials, and outdoor seating areas will enhance the street frontage and heighten the pedestrian experience along 7th Avenue South.

There is exciting news about the old **Des Moines Theater**



These Marina District projects present the kind of progress necessary to strengthen the City's identity with a mix of livability and downtown vitality, and making a way for Des Moines to move forward as a special Puget Sound waterfront community.

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at 22325 Marine View Drive S. Having received City Design Review Approval, the project is now at the building plan review stage. The plans include re-purposing of existing spaces, including the theater and retail. The proposal adds a market to the rear of the structure, 8 residential units above the market, and a new daylight residential parking garage with an alley entrance. The intent is to recognize and retain the historical value of the building, while also integrating modern elements to fit with the surrounding urban scene. The Theater owners hope to create a physical connection between Marine View Drive and the alley behind the property, injecting a community friendly atmosphere and activating a previously un-used area. This is an opportunity for commercial and outdoor dining accessed by direct entries from the public space.



Storm Drain Marker Volunteer Program

Did you know runoff from the storm drain system is not treated before it reaches our creeks, wetlands, and the Puget Sound?

When it rains, water runoff collects oil, pet waste, grease, soaps, and sediment. Where it then enters into the storm drain system, polluting the surface water and the environment.

You or your organization can help raise public awareness, protect our water quality, and reduce the amount of pollution by participating as a volunteer in our storm drain marking program. You can spend as much time as you wish and choose the area you want to mark. Volunteers must be at least 15 years of age.

Instructions, maps, and storm drain marking supplies will be provided. For more information, please contact Tyler Beekley, Water Quality Specialist at (206) 870-6869 or tbeekley@desmoineswa.gov.



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From the Bench

Words Matter

BY JUDGE LISA LEONE

IT CAME AND WENT, UNNOTICED BY MANY, myself included: "Words Matter Week 2016." Every year in March, schools, organizations and associations across the country dedicate a week to celebrating the power of words and reflecting upon the impact that our words have upon our students, our communities, and our culture.

As an attorney and now a Judge, I have spent the better part of my life studying, thinking about, and employing words in the service of justice. The truth is that despite the attention to detail and value of precision drilled into every law school student, the day-to-day practice of law is less of a science and more of an art. To be successful, practitioners must cultivate the ability to speak and write in a manner that moves people and issues forward, brings order to chaos, and fosters certainty in dealings today and in the future. Moreover, the best

attorneys, judges and, more broadly, others working throughout the criminal justice community, also understand that their words often have the power to mend and the power to heal.

Surely healing is part of our work as judges, prosecutors, defenders, law enforcement and probation officers. We heal when we bring people together, we heal when we resolve conflict, and we heal when individuals we serve feel they are treated with respect and their voices are heard. For this reason, the words we use in these situations matter; our words can make the difference between meaningful engagement and dangerous escalation.

As a country, we are heading into the heart of the election season and it seems to me, regardless of your party affiliation, we could all use some healing about now. So, amid the din of rancorous debate at the national level, let us consider how, as a community, we can best communicate our differences with the mutual aim of solving the big problems of our time. To that end, I urge my fellow citizens to reflect upon the choice of words we use to communicate with one another, our children, our co-workers, and especially those with whom we might strongly disagree. It is in the spirit of fostering goodwill that I offer a few thoughts on how we might appeal to the best in each of us, for the benefit of all of us.

As a judge, one of my responsibilities is to rule on the admissibility of evidence

at trial. Guided by the "Rules of Evidence" (ER), and in particular ER 403, the Court may properly exclude the testimony of a witness, even if it is relevant to the issues at trial, when its relevancy is substantially outweighed by the danger of "unfair prejudice."¹ Of course, "nearly all evidence is prejudicial in the sense that it is offered for the purpose of inducing the jury to reach one decision or another."² What, then, constitutes "unfair prejudice"? In 1995, the Washington State Supreme Court put it this way: "when evidence is likely to stimulate an emotional response rather than a rational decision, a danger of unfair prejudice exists."³

Similarly, at the beginning and the conclusion of trial, I instruct jurors as follows: *You must not let your emotions overcome your rational thought process. You must reach your decision based on the facts proved to you and on the law given to you, not on sympathy, prejudice, or personal preference.*⁴ In other words, evidence that arouses the passions of the jury is not worthy of consideration because it undermines the fact-finding process and calls into question the fairness of the proceedings as a whole.

Voters, like jurors, are human after all and may be similarly vulnerable to inflammatory language; this is not to suggest that the electorate is uninformed or undiscerning. On the contrary, I think most citizens recognize that when feelings become facts and reflexive emotion replaces

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thoughtful consideration, as it sometimes does in the heat of the election season, the result is a "collective failure to engage with one another reasonably or respectfully on substantive issues of public importance."⁵ In such a climate, "the debate degenerates, blocking constructive compromise that would benefit all sides more than the status quo would."⁶

How, then, do we restore "mutual respect and morally defensible compromise across all differences"?⁷ I know where we can start. We would all do well to heed the advice of the famous 13th century Sufi poet and fellow jurist, Rumi, who urged his followers to "listen with ears of tolerance, see through the eyes of compassion, and speak with the language of love." In this way, we become more fully connected to one another. In this way, we begin to heal – one thoughtful word at a time.

ENDNOTES

- ¹ Evidence Rule 403 reads, in pertinent part: "... although relevant, evidence may be excluded if its probative value is substantially outweighed by the danger of unfair prejudice, confusion of the issues, or misleading the jury."
- ² Karl B. Tegland, *Courtroom Handbook on Washington Evidence*, (2014-2015 Ed.) p. 151-152.
- ³ State v. Powell, 126 Wash.2d 244, 264 (1995).
- ⁴ Washington Pattern Jury Instruction 1.02.
- ⁵ Gutman, A. (2007, Fall). The lure & dangers of extremist rhetoric. *Daedalus*, 70-78. Retrieved from <http://www.upenn.edu/president/meet-president/extremist-rhetoric>.
- ⁶ Gutman, p. 76-77.
- ⁷ Gutman, p. 76-77.



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206-824-4110

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brianseth@allstate.com

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*Average savings based on information reported nationally by new Allstate auto customers for new policies written in 2014. Actual savings will vary. Allstate Fire and Casualty Insurance Co., 2775 Sanders Rd., Northbrook, IL 60062 Northbrook, IL. © 2015 Allstate Insurance Co. 168628



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The Highline College Foundation works to support educational efforts of the college through scholarships, emergency need awards and special projects.

Highline Community College
Office Outreach Center
Building 99, Room 248

206.870.3774
Email: rstephen@highline.edu

MOUNT RAINIER POOL

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What's Halloween without a pool full of pumpkins?

Join us for our third annual

PUMPKIN PLUNGE

• TWO SESSIONS •

SATURDAY, OCT. 29

1pm & 3pm

FEE: \$6 • Pre-Registration REQUIRED
Enjoy Halloween Treats and a Free Pumpkin



Children younger than 7 must be accompanied by an adult in the pool

NOT IN SCHOOL? COME TO THE POOL!

We host special events when Highline Public Schools are not in session. Mark your calendars:

- Tuesday, Sept. 6**
Dive Back Into School
- Friday, Oct. 14**
Things Are Getting Spooky
- Friday, Nov. 11**
Honoring Our Veterans
- Thanksgiving Week Nov. 21-25**
Gobble, Gobble, Gobble

COMING UP
Dec. 19-23, Dec. 26-30, Jan. 2
WINTER WATERLAND



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ASK AN ECOLOGIST

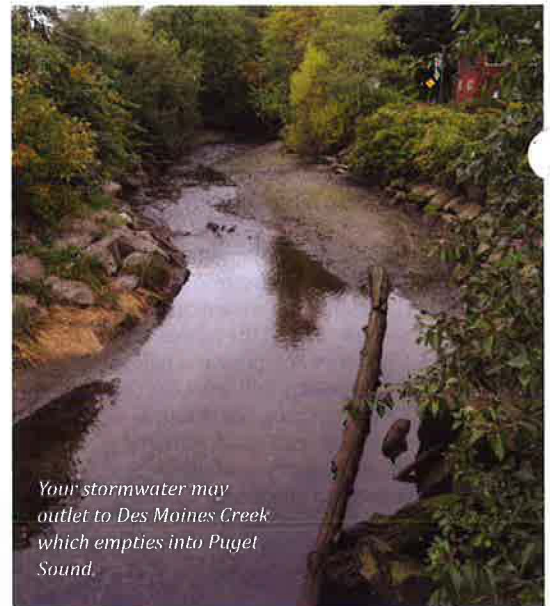
By Laura Hartema, Local Ecologist and Volunteer for Friends of Des Moines Creek

What can I do to help maintain high water quality for our fish, wildlife and community?

Water runs downhill as we all know, but where does our stormwater collectively go when it leaves our driveways, parking lots and streets? Most likely, it flows into metal grate covered storm drains. These catch basins collect surface runoff and route it through a network of underground pipes to an outlet. Often, stormwater drains to wetlands and creeks which empty into Puget Sound. We are all part of the same 5.8 square mile Des Moines Creek basin or "drainage community." Our basin is what links each of us to Puget Sound.

Below are some ways to reduce polluted runoff into our streams and wetlands:

- **Avoid storm drain spills** from paints, thinners, gasoline, detergents, pesticides and other chemicals. To learn where to properly dispose your waste call King County's Household Hazards Line at 206-296-4692.
- **Clean your vehicle at a carwash,** or on vegetated, gravel or other pervious surfaces.
 - Vehicles are a source of pollutants such as heavy metals, rubber, grease, and gasoline. Carwashes use less water and either recycle or treat dirty water.
 - "Biodegradable" soap needs to bind to solids (like soil) for microorganisms to break it down. If you wash your vehicle at home avoid soaps. Use only a sponge and elbow grease. Generally, soaps are made "safe" to go down a sink drain, but sink drains lead to a sewage treatment plant and not a living creek or Puget Sound.
 - For volunteer/charity events, obtain a "carwash kit" from the city to prevent soaps and car pollutants to runoff into storm drains.
- **Consider running your downspouts or driveway runoff into a "rain garden,"**



Your stormwater may outlet to Des Moines Creek which empties into Puget Sound.

which naturally filters polluted stormwater through native vegetation and soil. See Washington State University Extension's Rain Garden Handbook: <https://fortress.wa.gov/ecy/publications/publications/1310027.pdf>

- **Mulch your lawn clippings,** which nourish the soil and reduce the need for fertilizers.
- **"Scoop the poop"** where it can enter waterways. High fecal coliform bacteria may be attributed to animal waste and often, by humans with failing septic tanks.
- **Stabilize exposed soil** with native plants and mulch to reduce erosion. High sediment loads cause instream turbidity, increased water temperatures, and reduce fishes' ability to find food and avoid predators. An excess may clog fish gills and bury fish eggs.

We are all connected to Puget Sound and to each other by the Des Moines Creek basin. By following some of the above tips we can all contribute to improving our water quality and environment.

To sign up for future volunteer events with Friends of Des Moines Creek contact laurahartema@yahoo.com.



GOOD TIMES ON TAP!

Cheer on your favorite professional football teams LIVE on the big screens at Muckleshoot Casino! Then, join us for game day festivities with all your favorites at BSB & Raw Bar. Our menu features gourmet Kobe Wagyu burgers, fresh seafood ranging from oysters to shrimp, and 30 domestic, imported and craft beers!

Dine-in only. Menu items subject to change without notice. Management reserves all rights.



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UPCOMING WEEKEND CLOSURE OF 16TH AVENUE SOUTH

In order to facilitate some necessary repairs to the bridge joint at the south end of the South Twin Bridge, 16th Avenue South will be closed south of South 250th Street for an upcoming weekend in late September or early October. The closure will likely begin on a Friday and re-open Monday morning. A detour route will be posted for both northbound and southbound traffic. Variable Message Signs will be posted in advance of the closure giving notice a week prior to the work beginning. Thank you in advance for your patience.

SEATTLE SYMPHONY

COMMUNITY CONCERT

Des Moines Beach Park Auditorium
22030 Cliff Ave S

Sunday, October 23rd, 2016

12pm - 1pm

Pre-concert activities will include guided instrument exploration and a children's musical craft starting at 11am

Concert is FREE, no ticket required

Program

Conductor:
Pablo Rus Broseta

Camille Saint-Saëns

..... Danse macabre, Op. 40

Maurice Ravel

..... Le Tombeau de Couperin

Otar Gordeli

..... Concerto for Flute and Orchestra, Op. 8
feat. young artist Zoe Sheill, flute

Nikolai Rimsky-Korsakov

..... Capriccio espagnol, Op. 34



Photo by Jenny Crooks

**Community Concert
Partners**



REGISTRATION INFORMATION

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 DMPPR/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, DMPPR/SS reserves the right to amend or modify programs.

Accommodation of Disabilities:

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

Gender Equity Statement:

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

HOLIDAY CLOSURES
Mon, Sep 5; Fri, Nov 11
Thu, Nov 24 & Fri, Nov 25;
Mon, Dec 26; Mon, Jan 2

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.

MOUNT RAINIER POOL

OPERATED BY THE DES MOINES POOL METROPOLITAN PARK DISTRICT

Exercise doesn't have to hurt



When knee problems slowed her daily walking program, Sharon Wheatley found relief in the swimming pool. Not originally a big fan of public pools, she is now enjoying a fitness regimen once again and is hooked on swimming. "Most of all, I'm having fun!" she says.

As we age, perhaps the most important gift we lose is our mobility. As kids we learned to crawl. Then walk. Soon we were running. Ahhh, the joy of running.

Motion is key to our survival. We were made to move. And exercise is key to both our physical and mental health.

But age and gravity can slow us down. Weight and fatigue can make exercise difficult. Joints ache, so we stop moving to avoid the pain.

Water's buoyancy and resistance properties permit less painful, yet vigorous workouts.

First-time visits to our water aerobics classes are free. Or create your own regimen. Move at your own pace.

Can't swim? See us about other aqua exercise options.

C'mon, get moving with us!



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Rec'n Roll

Des Moines Parks, Recreation and Senior Services



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

Parks & Recreation Offices		Acreage	Facilities / Programs																				
FIELD HOUSE	ACTIVITY CENTER		PLAY AREA	BALLFIELDS	RESTROOMS	PICNIC/KICKING	BASKETBALL	FISHING PIER/BOARDWALK	TENNIS COURTS	NATURAL AREA/TRAILS	RECREATION CENTER	WALKING PATH	CREEK	SCENIC VIEW	BOAT MOORAGE/LUNCH	PARKING	BICYCLING	FACILITY RENTAL	BENCH	SKATEBOARDING	ART / HISTORICAL SITE	SEATING	
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																					
8	Des Moines Marina 22307 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																					
27	Wooton Park 28202 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.

DINING HALL NOW AVAILABLE

The Dining Hall features a full kitchen with a rustic indoor reception space. Natural wood floors and ceilings are accompanied with an expansive deck and enough tables and chairs to seat 150 guests.



CONTACT

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



DAYTRIPS

Explore the Northwest and leave the driving to us!
Age 50+ Travel Days Vary

Roslyn Cemetery	Roslyn
Wed Sep 7 8:30am-4:30pm	\$25
Pigs Peace Sanctuary	Stanwood
Wed Sep 14 9:45am-5pm	\$17
Salmon Hatchery	Issaquah
Wed Sep 21 9:15am-2pm	\$12
Oktoberfest Lunch Cruise	Seattle
Wed Sep 28 10:15am-2:30pm	\$70
Stillaguamish Valley Pioneer Museum	Arlington
Wed Oct 5 9:15am-5pm	\$17
Sea of Green Marijuana Farm	Seattle
Wed Oct 12 9:45am-3pm	\$11
Remlinger Farms	Carnation
Wed Oct 19 9am-4pm	\$12
Sister's Back to School Catechism "The Holy Ghost"	Tacoma
Sun Oct 30 2-6pm	\$45
History of Seattle Lunch Cruise	Seattle
Wed Nov 9 10:15am-2:30pm	\$70
An Evening with Garrison Keillor	Seattle
Tue Nov 15 6-10pm	\$67
Highline College Marine Science and Technology Center (MaST)	Redondo
Thu Dec 1 9:45am-1:30pm	\$12
Annual Coat Factory Outlet Sale	Tacoma
Fri Dec 2 9:30am-2pm	\$10
Spanaway Fantasy Lights	Tacoma
Tue Dec 6 4:30-9:30pm	\$13
Gingerbread House Village	Seattle
Wed Dec 14 9:30am-4pm	\$11

EXTENDED OUTINGS & SAVE THE DATE!

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

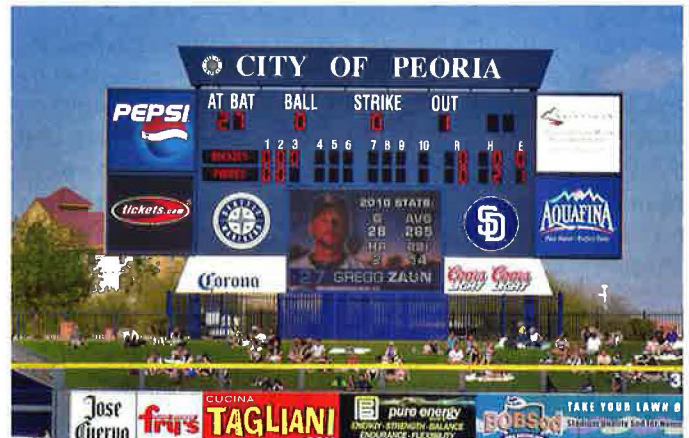
South Pacific Wonders

February 7-21, 2017

\$5,999/ppdo \$7,119/single \$5,949/triple

Highlights: Cairns, Great Barrier Reef, Sydney, Sydney Opera House, Christchurch, Mt. Cook Nat. Park, Queens-town, Milford Sound, Arrowtown

Price includes roundtrip airfare, air taxes & fees, hotel transfers. 15 days, 19 meals (12 breakfasts, 2 lunches, 5 dinners). Call the Activity Center for more details: 206-878-1642



Mariners Spring Training

March 15-22 & March 22-29, 2017

\$1,599ppdo \$1,449/tripl \$2,099/single \$1,349/Quad

Hosted by Catalyst Travel-Your Exclusive Escorted Spring Training

Experience Includes:

- Round Trip air from Seattle to Phoenix
- 7 nights at the Windmill Inn, Sun City West, AZ
- Buffet breakfast provided each morning
- 5 game tickets with great seats
- Transportation between airport, hotel, games and group events
- Souvenir baseball cap and Cataylist 10 Man Fan shirt
- Special event pizza party around the pool

\$200 deposit, travel insurance recommended. Final payment due February 1, 2017.

Join us for our Mariners Day at the Activity Center on Tuesday, September 20 at 11:30am to talk to Catalyst Travel and learn more about this trip.

ANNUAL ACTIVITY CENTER RAFFLE
12th MAN WREATH!!!

Celebrate the 2016 Seahawk Season and WIN this:



Tickets are \$1.00 and available for purchase at: Activity Center 2045 South 216th 878-1642 or Field House 1000 South 220 Street.
Winner announced at the Activity Center Best BBQ of the Season on Friday, October 14th 6pm - need not be present to win.
All sales support the programs and services at Des Moines/Normandy Park.



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.

Mon Adults Ongoing 6-7pm Field House
 5-class punch card \$32R \$37NR
 Drop-in \$10

Senior Dance

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

Sun \$5 Activity Center
 Sep 25 1-3:30pm
 Oct 23 1-3:30pm
Dances will resume in February 2017. Keep those feet movin'!

Chair Zumba

Perfect for active older adults, beginners or others needing modifications in their exercise routine. Wear comfortable clothing and shoes/sneakers. Instructor: Deborah Birrane

Mon & Wed Adult 10:45-11:45am Activity Center
 Sep 12-Nov 2 \$75

Yoga - Unwind Your Spine

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

Mon & Wed Adult 9:30-10:30am Activity Center
 Sep 12-Nov 2 \$75

Dance for Parkinson's

(For adults with movement issues)

Dance for Parkinson's is designed for you! Stretch and strengthen your muscles, focus on balance and rhythm through many styles of dance and discover how to use your 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.nwfp.org/ participate or call 877-980-7500.



Mon Adults
\$5 Suggested Donation Activity Center
 Sep 12-Oct 31 2-3:30pm

SENIOR OUTINGS

Out to Lunch

Enjoy a no-host lunch at new and old favorite eateries around the Sound. Departure is 10:15-11am and return about 2pm.

Fri	Age 50+	\$10 Transportation Fee
Sep 9	Wild Fin American Grill	Tacoma Waterfront
Oct 21	Palisades	Seattle
Nov 18	McMennamins	Bothell
Dec 9	Soul Southern Food	Tacoma

Horticulture Outings

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

Fri	Age 50+	\$10 Transportation Fee
Sep 16	9:30am Seattle Japanese Garden, lunch at IHOP	
Oct 21	9:30am Bulb Planting for Spring. Location-TDB. All materials, including bulbs & containers provided. Hosted by Sue Goetz	
Dec 16	10am Holidays at the Old Goat Farm, Orting. Includes Holiday tea.	\$25



Golf Outings

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

Mon	Age 50+	\$10 Transportation Fee
Date	Destination	Green Fee
Sep 12	Lipoma, Puyallup	\$16
Sep 26	Kenwanda, Snohomish	\$20
Oct 10	Allenmore, Tacoma	\$15

Small Group Computer Workshops

Presented by Des Moines Library, held at Des Moines Activity Center at 10am. All computer workshops are free. Students are encouraged to bring their own devices for hands-on exploration. Classes are for adults.

Social Media

An introduction to today's most popular online communities: Facebook, Twitter, LinkedIn and more.

Wed	FREE	Activity Center
Sep 7		10am

Computer Basics

Practice the skills necessary for using a computer; including using the mouse, selecting items and text, arranging windows, browsing the Internet and library catalog.

Wed	FREE	Activity Center
Oct 5		10 am

eBooks

Come discover how to access thousands of FREE eBooks and learn how to use our public catalog.

Wed	FREE	Activity Center
Nov 2		10 am

King County Library System Mobile Computer Lab - Adults 50+

Computer Basics

Up your skills and understanding so you and the mouse can arrange windows, browse the library catalog and balance navigating the keyboard, screen with ease and proficiency.

Wed	FREE	Activity Center
Sep 21		10am

Internet Basics

Learn to access and navigate the world of Internet. Introduction to access, how to browse and search, service applications, tools, and more.

Wed	FREE	Activity Center
Oct 19		10am

OUR MEDICAL LENDING PROGRAM BENEFITS PROGRAMS AND SERVICES FOR OLDER ADULTS AND THEIR FAMILIES!

Are you slated for surgery and needing Medical Equipment such as bath benches, walkers or commodes during rehab? Check out our self-service Medical Lending Closet – you just might find what you are looking. Suggested donation ranges from \$5-25.

- The equipment is available for short-term use (1-3 months) on a first-come basis.
- Items are clean when checked out and should be returned clean and ready for the next borrower.
- Medical Lending Closet at Des Moines Activity Center is open Monday-Friday from 9:00am – 3:30pm!
- We accept clean equipment donations such as transport wheelchairs, shower benches, transfer benches and commodes.

ADULT FITNESS

Enhance Fitness

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

Tue/Thu/Fri	Adults	Field House
Sep 1-30	8-9am or 9:30-10:30am**	\$45
Oct 4-28	8-9am or 9:30-10:30am**	\$35
Nov 1-29	8-9am or 9:30-10:30am**	\$35
<i>No class 11/24 and 25</i>		
Dec 1-16	8-9am or 9:30-10:30am**	\$26
Dec 19-30	8-9am*	\$20

*Special Holiday Weeks Classes

**Instead of meeting on the first Friday of the month, the class will meet the following Mondays Sept 12, Oct 10, Nov 7, Dec 5.

Tai Chi

This class will introduce basic movements of Tai Chi with emphasis on the no-impact, relaxed, flowing movements which aid in balance, increased strength and vitality. By the end of the 6 weeks, students will have learned the movements from the 24 pattern form. This course is geared toward students who are new to Tai Chi, but all students, regardless of experience are welcome. Wear comfortable, loose clothing. Instructor: John Lindsay. No classes week of October 24.

Mon/Wed Adults	\$60	Beach Park Dining Hall
Oct 10 – Nov 23		11-12noon

Sunday Walks!

Gary McNeil with Des Moines Legacy Foundation is hosting local walks the 3rd Sunday of the month at 11am and interested individuals should meet at the locations shown.

- Aug 21 Redondo Art Walk - Visiting the Sculptures.
- Sep 18 Saltwater State Park - Walk the Trails
- Oct 16 Des Moines Marina Fishing Pier - Walk to Anthony's, Overlook Park, Beach Park and Marina.
- Nov 20 Fishing Pier - Walk the Des Moines Creek Trail
- Dec 18 Dollar Store on Marine View Drive - Walk downtown Local Businesses



Blue Print for Living Workshops



Medicare Open Enrollment

October 15 begins the open enrollment for Medicare. Join SHIBA for an unbiased presentation and education on an overview of Medicare, What is Medicare Open Enrollment, Stand-Alone Part D prescription drug plans, Medicare Advantage (Part C) plans, do you need help paying your plan and most important, HOW to choose a plan.

Tue **Free** **Activity Center**
Sep 13 1-2:30pm

Flu Shots

Staff from Walgreens will be at the center to provide flu shots. Bring your Medicare card with you.

Wed **Free** **Activity Center**
Sep 21 10am-1pm

First Response

Gain the knowledge and confidence to act quickly and correctly if you are the first person upon an emergency situation. Learn techniques to help you effectively communicate with emergency response personnel and how to be of the most assistance to someone in trouble. Presented by South King Fire and Rescue.

Tue **Free** **Activity Center**
Sep 27 12:45-1:30pm

Living Well with Arthritis

This will be a short presentation on treating and living with arthritis. Learn about what arthritis is, why we all get arthritis, and what you can do about it. Best evidence approaches to treating your arthritis will be taught. Participants will leave with a greater understanding of arthritis and an increased understanding of treatment strategies to keep them aging healthy. Presented by Outpatient Physical Therapy and Rehabilitation Services.

Tue **Free** **Activity Center**
Oct 4 10am

ORCA Reduced Fare Permit

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

Wed **Free** **Activity Center**
Oct 19 11:30am - 12:30pm

CLASSES

Creative Writing

Learn to write the story of your life. Capture the story of how you came to be, who you are, and where you are today. Instructor: Pat Doheny

Thu **Adult** **\$47** **Wesley Gardens**
Sep 29 - Nov 17 10am - 12noon

Memoir Writing

Join others in taking advantage of Pat's writing expertise and encouragement as you explore your creative side and your memories in writing. Instructor: Pat Doheny

Thu **Adult** **\$47** **Wesley Gardens**
Sep 29 - Nov 17 2pm-4pm

Poetry

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

Thu **Adult** **\$13** **Wesley Gardens**
Dec 1-8 10am-12noon

Watercolor - Ongoing Investigations

Popular instructor Susan Waite returns this fall for continuing investigations in watercolor; themes, techniques, papers and more. Supply list available at registration.

Tue **Adult** **\$65** **Activity Center**
Sep 20-Nov 15 1-3:30pm

NEW ~ InterPlay

We often forget our bodies hold wisdom and fun. If you want to increase your flexibility with gentle movement this class is for you. This introduction class shows you how to nourish the connections with your own person and your neighbors. Join long time Interplay leader Patricia Doheny for this fun class. Chairs are available if needed.

Thu **Adult** **\$7** **Wesley Gardens**
Dec 15 10am-12pm

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
Tue/Wed **Activity Center**
Oct 18 & 19 10am-2:30pm



ADULT ENRICHMENT

American Boating Course

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

Sat Ages 12-Adult \$40 Public Works & Parks Service Ctr
 Sep 17 8am-4pm
 Oct 15 8am-4pm
 Check back in December for 2017 dates and registration.

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.



Thu Dogs 4+ months \$93R \$100NR Field House
 Oct 6-Nov 10 7:15-8:15pm
 Nov 17-Dec 29* 7:15-8:15pm
 *No class 11/24

What Is Islam

We are hearing a lot about Islam. Join us to learn about Islam and what our Muslim neighbors believe- who is the God they worship, what Islam teaches about killing, destruction, terrorism, love, compassion and mercy towards all humans. Instructor: Yahya Malik

Wed Free Activity Center
 Sep 28 1-2:30pm

Aviation History- Flying the World in Vintage Airplanes

Robert & Diane Dempster are founders of the Seattle World Cruiser Association, with the goal of building a reproduction 1924 Douglas World Cruiser & flying a celebration world flight, commemorating the original 1924 flight from Seattle. Enjoy hearing MANY of their aviation adventures, including a world record nonstop flight from Seattle to Oshkosh, WI. The Dempsters live their motto: "Dream Like You Mean It."

Thu Adults \$2 donation Activity Center
 Sep 29 7pm

Metro Transit Instruction Program

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

Part One: In-House Presentation

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

Tue Free Activity Center
 Oct 18 10-11:30am

Part Two: Community Instructional Outing

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

Tue Free Activity Center
 Oct 25 9:30am

NEW ~ THE GREAT COURSES!

Thanks to the Des Moines Legacy Foundation we are now offering The Great Courses Lifelong Learning DVD's featuring the worlds' greatest university professors on a variety of educational and informational topics. Enjoy the pure joy of learning, no homework, no pressure. Call the center for dates and topics, 206-878-1642.

Adults 50+ 1PM Free Activity Center



Tiger Kids Martial Arts Course Overview

Instructor: Mitch Mayberry, International Champion, 9th degree Master

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

Tiny Tigers Kung Fu & Taekwondo

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

Wed	Ages 3-6	Field House
Sep 7-Oct 12	4:20-4:50pm	\$70R \$80NR
Nov 9-Dec 21	4:20-4:50pm	\$80R \$90NR

Tiger Kids/Family Martial Arts & Fitness

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

Wed	Ages 7 yrs+	Colored Belts	Field House
Sep 7-Oct 12		4:50-6:00pm	\$70R \$80NR
Nov 9-Dec 21		4:50-6:00pm	\$80R \$90NR

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, Recreation Staff.

Thu 3pm Grades 6-9 Free Pacific Middle School

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.

Fri	\$8	7:30-10pm	Field House
Sep 30			Beach Bash
Oct 28			Haunted House
Dec 2			Freeze Out

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, 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

Sat	Ages 11-15	\$55R \$65NR	Police Station
Sep 17			8:30-2:30pm

The Des Moines Arts Commission & The MaST Center at Redondo present the 4th Annual

Squid-A-Rama

Nov. 5th, 2016
4-7:30 PM

MaST Center and Pier next to Salty's
28203 Redondo Beach Drive S.
Des Moines, WA 98198

This annual event is **free** to the public and features art and science activities for all ages. Salty's chowder will be available for purchase with hot chocolate and coffee. For more information visit the Des Moines Arts Commission website.

desmoinesartscommission.com

Saturday, Dec 10
Des Moines Activity Center

Seating-1
9-10:15am

Seating-2
10:45am-12pm

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

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



Basketball Training Clinic

Des Moines Parks and Recreation is the place to go if you want to develop as a basketball player. Michael and Marv Johnson of the Johnson Boys B-Ball Training, formerly of South Sound Athletics are here to help. They have helped train NBA players like Jamal Crawford, Rodney Stuckey, Nate Robinson, and Isiah Thomas. All levels are welcome, they cover shooting, ball handling, passing, and how to play without the ball in hands. Sign up now and you will become a better player and learn what it takes to get as good as you want. Basketball is a journey.

Grade 4-8	\$135R/\$145NR	Field House
Tue	Sep 6-27	5:30-7pm
Tue	Oct 4-25	5:30-7pm
Tue	Nov 8-29	5:30-7pm
Grade 9-12	\$135R/\$145NR	Field House
Thu	Sep 8-29	5:30-7pm
Thu	Oct 6-27	5:30-7pm
Thu	*Nov 3-Dec 1	5:30-7pm

*No class Nov 24

Preseason 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.

Age 7-15	\$30R \$35NR	Field House
Sat	Nov 12	9am-12pm

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.

Age 7-15	\$55R \$65NR	Mt Rainier Gym
Mon-Tue	Dec 19-20	9am-12pm



YOUTH ACTIVITIES

Toddler Preschool



Robyn's Nest Pre-School

Parents – 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 with CPR First Aid certification.

Mon – Thu	Ages 4-5	9:30am-12pm	Field House
Sep 12-29			\$120R \$140NR
Oct 3-31			\$170R \$190NR
Nov 1-30*			\$140R \$160NR
Dec 1-15*			\$90R \$110NR
Mon – Thu	Ages 4-5	1-3:30pm	Field House
Sep 12-29			\$120R \$140NR
Oct 3-31			\$170R \$190NR
Nov 1-30*			\$140R \$160NR
Dec 1-15*			\$90R \$110NR

*No school Nov 21-24 and Dec 19-29

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. \$20 10-visit punch card or \$3/ drop-in per child



Mon/Wed	Ages 2-5	Field House
Sep 12 and ongoing		10am-12p

Youth

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

Wed/Fri	Age 12+	\$30R \$35NR	Field House
Sep 2-30			5-6:30pm
Oct 5-28			5-6:30pm
Nov 2-30*			5-6:30pm
Dec 2-30			5-6:30pm

*No Classes Nov. 11 or 25



Great Tasting Lunchmeat



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

Grades 1-2

Youth Recreation Divisions Teams play in a local league

Boys Division

Grades 3-4

Grades 5-6

Grades 7-8

Girls Division

Grades 3-4

Grades 5-6

Grades 7-8

Check out our Early Bird Rates!

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

Registration Dates

Sep 2 - Sep 30

Oct 1 - Nov 10

Nov 11 - Nov 18

Nov 18

Nov 19 - Dec 16* Late Registration

*Placement on a team is not guaranteed

Player Fee

\$70R \$80NR

\$80R \$90NR

\$100R \$120NR

Registration Closed

\$160R \$170NR

Coaches Meeting

Nov 1 6pm

Field House



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.

Sat **Ages 4-12** **Field House**
Oct 22 6-10pm \$15R \$20NR

Holiday Drop & Shop

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

Sat **Ages 4-12** **Field House**
Dec 17 12-4pm \$15R \$20NR

Join us in enjoying the:

Best BBQ of the Season

Des Moines Activity Center
2045 S 216th Street

Friday, October 14, 2016
5 — 7 pm

Tickets in Advance or at the Door

Adults/Seniors: **\$10**

Children: **\$5**

*Families: **\$20**

SPONSORED BY:

We are changing it up! A mouthwatering BBQ menu replaces the former Spaghetti Dinner!
PULLED PORK, BAKED BEANS, COLESLAW, CORNBREAD & LEMON CAKE

*Family: 2 adults plus children 12 & under



Club KHAOS

(Kids Having An Outrageous Summer!)

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

Grades K-6

Mon-Fri

Registration Fee: \$30 Resident (Res)
\$35 Non Resident (Non Res)

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

Federal Way School District Site: Woodmont Elementary School

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

Monthly sessions throughout the school year calendar.

Wake up in KHAOS

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

6:30am-school start

Highline	Res	Non Res
Sep 1-30	\$295	\$315
Oct 3-31	\$280	\$300
Nov 1-30	\$225	\$245
Dec 1-16	\$170	\$190

Federal Way	Res	Non Res
Sep 7-30	\$220	\$240
Oct 3-31	\$240	\$260
Nov 1-30	\$205	\$225
Dec 1-16	\$145	\$165

Drop-in Fee:

Highline Sites	\$17	\$20
Federal Way Site	\$14	\$16

Sunset in KHAOS

Relax knowing your child, fueled with a nutritious snack, will burn off that excess energy absorbed in lively games, seasonal arts, crafts and creative play. Time is set aside for homework. School dismissal – 6pm

Highline	Res	Non Res
Sep 1-30	\$315	\$335
Oct 3-31	\$300	\$320
Nov 1-30	\$240	\$260
Dec 1-16	\$180	\$200

Federal Way	Res	Non Res
Sep 7-30	\$325	\$345
Oct 3-31	\$360	\$380
Nov 1-30	\$310	\$330
Dec 1-16	\$220	\$240

Drop-in Fee:

Highline Sites	\$17	\$20
Federal Way Site	\$20	\$23

Early Release Fridays

Highline Sites	\$22	\$25
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Early Release Wednesday

Federal Way	\$22	\$25
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Sunrise to Sunset

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

Highline	Res	Non Res	Federal Way	Res	Non Res
Sept 1-30	\$420	\$440	Sept 7-30	\$425	\$445
Oct 3-31	\$400	\$420	Oct 3-31	\$470	\$490
Nov 1-30	\$320	\$340	Nov 1-30	\$400	\$420
Dec 1-16	\$240	\$260	Dec 1-16	\$285	\$305

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

Day	Dates	District	Field House	Camp
Fri	Oct 14	Both	No School	No School
Wed/Thu	Nov 9-10	Federal Way	Conferences	Conferences
Fri	Nov 11	Both	Veteran's Day	Veteran's Day
Mon-Wed	Nov 21-23	Highline	Conferences	Conferences
Mon-Fri	Dec 19-30	Both	Winter Break	Winter Break

Fees:

	Res	Non Res
Daily Drop-in Fee:	\$40	\$45
Winter Break Fee:	\$300	\$320
Conference Break Fee 2-day:	\$70	\$75
Conference Break Fee 3-day:	\$100	\$110

HALLOWEEN CARNIVAL

Monday, 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.

AUTUMN IN DES MOINES EVENTS

SUMMER CONCERT FINALE WITH THE COATS

Wednesday, Aug 24, 7pm
At Beach Park, Des Moines
Legacy Foundation

DES MOINES WATERFRONT FARMERS MARKET

Saturday, Sept 10
Kids Back to School Day/Safety Day, Food Truck-In at the Des Moines Marina. dmfm.org

POVERTY BAY ARTS GALA

Friday, Sept 16, 6-9:30 pm
Beach Park Event Center Auditorium Supports Des Moines Arts Commission's Summer Concerts and Art on Poverty Bay Outdoor Sculpture Gallery. Tickets: \$50 Sponsorships available. desmoineslegacy.org. 206-870-6527.

BBQ NIGHT

Friday, Oct 14, 5-7pm
At the Activity Center - Supports Senior Services. Adults \$10, Children \$5, Families \$20 206-878-1642

SEATTLE SYMPHONY

Sunday, Oct 23, Noon.
Beach Park Event Center Auditorium. Live performance. Free.

DESTINATION DES MOINES TRICK - OR - TREAT PATH

Monday, Oct 31, 3 - 6pm
Along Marine View Drive and 7th destinationdesmoines.org



DES MOINES HALLOWEEN CARNIVAL

Monday, Oct 31, 5 - 8pm
Des Moines Field House. Frights and games for children 12 and under (children under 5 must be accompanied by an adult) \$5 per child. Non-perishable food donations accepted for Food Bank. 206-870-6527

SQUID A RAMA

Saturday, Nov 5, 4 - 7:30pm
MaST
Center in Redondo. See live squid, arts and crafts, aquariums and more. Chowder, coffee and coco available. desmoinesartscommission.com 206-870-6527.

DES MOINES LEGACY FOUNDATION'S BAYSIDE CHAMPAGNE BRUNCH

Sunday, Nov 6, 9:30 am - Noon
Supports Seniors & Youth, \$75 206-878-1642 www.desmoineslegacy.org

DESTINATION DES MOINES HOLIDAY TREE LIGHTING

Friday, Dec 2, 6pm
Big Catch Plaza, corner of 216th and Marine View Drive. Caroling, refreshments, holiday music, and photos with Santa are all a part of this FREE community event. Destinationdesmoines.org



ARGOSY CHRISTMAS CRUISE SHIP AND BONFIRES

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

Thursday, Dec 15
Redondo Bonfire at 8:15 pm Ship arrival and Carolers at 9pm. 206-870-6527 for bonfire information. argosycruises.com for ship details.

DES MOINES PARKS AND RECREATION BREAKFAST WITH SANTA

Saturday, Dec 10, 9-10:15 or 10:45 - 12pm
Des Moines Activity Center. Delicious pancakes, activities and visit with Santa. Call to reserve a spot 206-870-6527.

Poverty Bay ARTS GALA

ARTS AUCTION, APPETIZERS, DESSERTS & SPIRITS

Supports Des Moines Arts Commission Activities

September 16, 2016 at 6 pm
Des Moines Beach Park Auditorium

TICKETS ON SALE!

Tickets \$50 at 206-870-6527 Field House, Salon Michelle, & BROWNPAPERTICKETS.COM

SPONSORED BY:

Sunday Nov. 6

Save the Date

The Bayside Brunch is going MARGARITAVILLE

Join us from 9:30 am - Noon at Anthony's HomePort for our 17th annual champagne brunch and festivities

\$75 per person

Proceeds benefit Senior Services and Youth Recreation for the Des Moines community

Des Moines Legacy Foundation
P.O. Box 13582
Des Moines, WA 98198

NORMANDY PARK market

Locally Owned
Competitive Pricing
Community Driven

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

(206) 651-7794

7am-10pm 7 days



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

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

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

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

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

NORMANDY PARK MARKET. IT'S YOUR MARKET!

www.normandyparkmarket.com • facebook.com/normandyparkmarket



Your Guide to Des Moines Parks, Recreation & Senior Services

Rec'n Roll

Fall 2016



- Club KHAOS –
Registration Open!
(Before or After School Care)
- Fall Events Calendar!
- Basketball Leagues
Registration Begins Soon
- Poverty Bay Arts Gala