

Rec'n Roll

CHECK OUT THE NEW LOOK, STARTING ON PAGE 18



DES MOINES

FALL 2018

CITY CURRENTS

From the Mayor
SEE PAGE 5

**Shoreline Master Program
Progress Report**
SEE PAGE 11

**Club KHAOS Before-
and After-School Care**
SEE PAGE 18

Senior Activities **Fall Events**
SEE PAGE 22 SEE PAGE 31

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EPIC VIEWS & LASTING MEMORIES



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2018 Fall

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Starting on Page 18

Your Guide to Des Moines Parks, Recreation & Senior Services

Check out the FALL schedule.

- Club KHAOS, Before- and After-School Care – Page 18
- Basketball Registration – Page 19
- Senior Exercise Classes – Page 24–25
- Senior Outings – Page 28
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Rec'n
Roll



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her bachelor's degree
in Respiratory Care



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Council Highlights

CITY COUNCIL HIGHLIGHTS FROM MAY-JULY

Ordinance 1698-1700
Resolution 1382-1389

Held Public Hearings:

- 2019-2038 Transportation Improvement Plan, Resolution No. 1388.

Approved the Following Action:

- Fuel Hose Replacement Project at Des Moines Marina.
- Contract Amendment #1 with the Holmes Group, LLC for Consulting Services (Port Grant Phase 2).
- Metro Community Shuttle Demonstration Project Agreement.
- South 223rd Street - Pavement Rehabilitation Project: Construction Contract, Consultant Services Contract Supplement Agreement 3: Design Coordination with Highline Water District, and Consultant Services Contract Supplemental Agreement 4: Construction Inspection Services.
- Barnes Creek/Kent Des Moines Road Culvert Project Design Agreement GCB 2959 with Washington State Department of Transportation.
- 2018 4Culture Grant Acceptance.
- Appointment of Claims for Damages Acceptance Agents, Resolution No. 1382.
- WSDOT SR 509 Completion Project - S 216th Street Bridge Memorandum of Understanding.

DES MOINES CITY COUNCIL



Matt Pina
Mayor



Vic Pennington
Deputy Mayor



Robert K Back
Councilmember



Luisa Bangs
Councilmember



Matt Mahoney
Councilmember



Traci Buxton
Councilmember



Jeremy Nutting
Councilmember

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

- KaBoom Playground Grant.
- Recreation and Conservation Office Authorizing Resolution for Van Gasken House, Resolution No. 1383.
- Memorandum of Agreement Concerning Soundside Alliance for Economic Development for 2018.
- Puget Sound Regional Council Interlocal Agreement for Regional Planning in the Central Puget Sound Area.
- Interagency Agreement with Highline College for the Small Business Development Center.
- Consultant Services Contract with David A. Clark Architects, PLLC for Design and Construction Administration Services for the Design, Police Services Center, and Municipal Court Security Improvement Projects.
- Memorandum of Understanding between the City of Des Moines and Teamsters Local 763.

- Recreation and Conservation Office Youth Athletic Facilities Project Authorizing Resolution, Resolution No. 1384.
- Highline College Urban Agriculture Agreement.
- 2017-2019 Recycling Program Funding.
- South Sound Boating Season Opening Day Proclamation.
- No Kids Left Inside Agreement.
- Highline School District Boundaries, Resolution No. 1385.
- Farmer's Market Update.
- Marina Paid Parking Update.
- Recology Update.
- Transportation Gateway Project: S 216th Street Segment 3 Improvements Right-of-Way Acquisitions.
- Staff Update on Federal Way Link Extension Construction and Service Operations Noise and Noise Mitigation.
- Farmer's Market Agreement.
- 2018 Summer Events Agreement with Destination Des Moines, Resolution No. 1386.
- Task Order Assignment for Design/Permitting of the Deepdene Plat Outfall Replacement Project.
- Transportation Gateway Project: S 216th Street Segment 3 Improvements Right-of-Way Acquisitions Wesley Homes Dedication.
- Marina North Bulkhead Repair and Replacement Project Reimbursement, Resolution No. 1387.
- Police Department Review.
- Pilot Program for Management of Senior Services at the Activity Center.
- National Parks and Recreation Month Proclamation.
- Puget Sound Gateway Project SR 167 and SR 509 Completion Projects - Local Funding and Phasing Memorandum of Understanding.
- Transportation Gateway Project: S 216th Street Segment 3 Improvements Right-of-Way Acquisitions: Parcel #08220-9093, Patricia Booze, Parcel #082204-9165, Highline Water District.
- Consultant Contract Amendment - Grant Fredricks.
- Interlocal Agreement between the City of Des Moines and Highline Water District regarding the Water Tower Park Site.
- Repeal of the City's Commercial Parking Tax, Ordinance No. 1698.



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From the Mayor



By Mayor Matt Plina

AS FALL SLOWLY APPROACHES, I HOPE YOU'VE HAD THE opportunity to enjoy all the many summer events held in Des Moines. On behalf of the Des Moines

City Council, I want to thank the many volunteers who put in countless hours to make all our summer events a success. Check out this edition of *City Currents* to see what exciting things are happening this fall!

As our city budget continues on a healthy course, our City Manager and his Executive Team have been hard at work addressing succession planning. Over the past year, a number of long-time employees have either retired or have announced their impending retirement. This has led to a number of staffing changes, ranging from new-hires to reassignments. I would like to take this time to briefly introduce you to the City's Leadership Team:



**MICHAEL MATTHIAS,
City Manager**

Michael was appointed City Manager of Des Moines in August 2016, after serving as the City's

Assistant City Manager since 2014.

"His education includes graduate degrees from the University of Oxford, England in Sustainable Urban Development; from Cambridge University, England in International Relations; and from the University of California, Santa Cruz in Applied Economics. He earned his undergraduate degree in Honors Political Science from the University of California, Santa Barbara. Earlier in his career, Michael was honored to be selected as a Robert F. Kennedy Fellow for his work in low-income communities. He has many years of experience in municipal government and the private sector serving as Economic Development Manager for the City of Fort Lauderdale, Florida and earlier in his career an Assistant Vice President at Bank of America for Government Relations."

Michael and his son, Tico live in Des Moines.



**DAN BREWER,
Chief Operations Officer**

Dan is the Chief Operations Officer for the City of Des Moines. He has over 25 years of experience in Local Government.

Dan is a Transportation Engineer, having graduated from the University of Washington with a BS in Civil Engineering. As the Chief Operations Officer, he oversees and directs the operations of the Public Works, Community Development, the Des Moines Marina, Parks & Recreation and Senior Services Departments and provides support and assistance to the City Manager in managing the Finance, Legal, and Police Departments. Dan also coordinates emergency management operations for the City of Des Moines.

In his spare time, Dan enjoys spending time with his family, and many outdoor activities including biking, hunting, and snowmobiling.



**SUSAN CEZAR,
Chief Strategic Officer, LEG**

Susan gained her experience through more than 30 years with Western Washington local governments and brings a

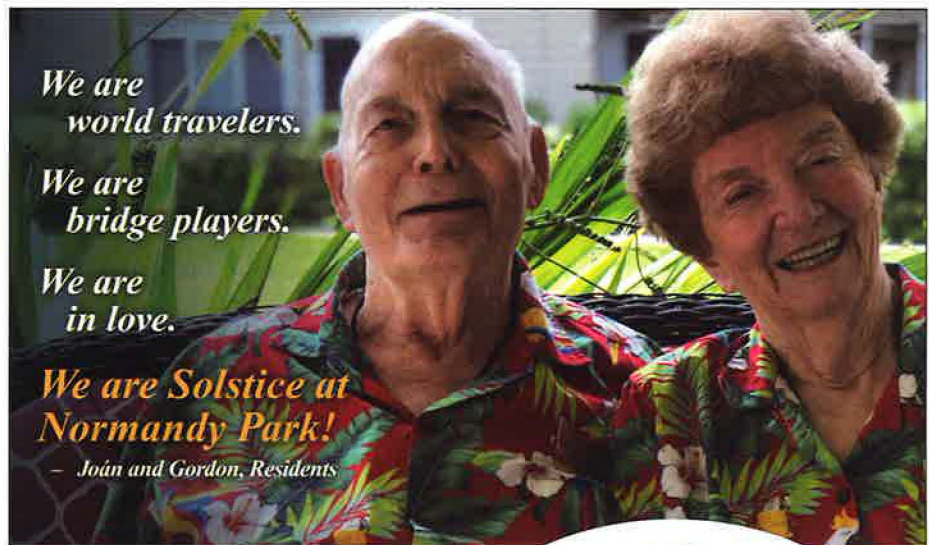
wealth of knowledge to leading the Parks, Recreation, Senior Services and Community Development Departments.

She has particular expertise in parks and recreation, community planning, public involvement, project permitting, as well as park and trail facility improvements.

Susan especially enjoys leading team efforts that improve department operations in ways that benefit the community and makes efficient use of taxpayer dollars. She is passionate about serving the community, providing efficient permitting services, ensuring well-maintained and improved park facilities, thriving senior services, and inclusive and exciting recreation programs.

Susan also is an engineering geologist, loves to travel, and enjoys hiking, kayaking and other outdoor activities.

>> PAGE 7



We are world travelers.

We are bridge players.

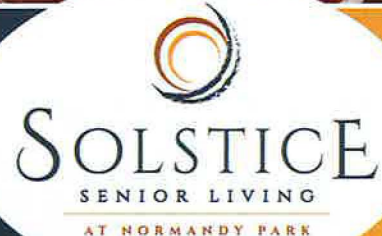
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<< Page 4

- South 216th Street Segment 3 Improvements Right-of-Way Acquisitions.
- Setting a Public Hearing regarding Changes in Permitted Uses and Associated Regulations in the Institutional Campus Zone, Resolution No. 1389.
- Arts Commission Appointment of Beverly Reich.
- Refunding of 2008 Bonds, First Reading.
- Interlocal Agreement with Highline College for the College Way Connection Project.
- Amended Title 20 DMMC, Telecommunications, Creating Standards and Regulations for Small Cell Wireless Facilities, Ordinance No. 1699.
- Bond Ordinance for the Limited Tax General Obligation Improvement and Refunding Bonds, 2018 Second Reading, Ordinance No. 1700.
- Discussion of 2019–2024 Capital Improvement Plan.
- Interlocal Agreement with the Port of Seattle for South 216th Street Improvements Fronting Port of Seattle and WSDOT Property, Referred to as Des Moines Creek West

Other Action Taken:

- Telecommunication Code Update.
- Legislative Update by Senator Karen Keiser.
- 1st Quarter City Manager Report.
- Held Executive Session, Performance of a Public Employee.



Basic Citizen Police Academy 2018

Tuesday, October 16–December 4, 2018
6:30–9pm

Come join us for an interactive behind-the-scenes look into police work.

This eight-week informational series is designed to give citizens an inside, in-depth hands-on experience of law enforcement and policing in the City of Des Moines.

The Basic Academy is open to all Des Moines Citizens 18 years of age and over. A background check will be performed prior to acceptance into the academy. Enrollment is limited to 25 participants.

Applications can be obtained starting September 1 at the city website desmoineswa.gov or at the Des Moines Police Department front desk.

For more information contact:
 CSO Tonya Seaberry
 206-870-7619
 or email at
tseaberry@desmoineswa.gov.

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 | MPina@desmoineswa.gov |
| Vic Pennington, Deputy Mayor | VPennington@desmoineswa.gov |
| Luisa Bangs | LBangs@desmoineswa.gov |
| Robert K. Back | RBack@desmoineswa.gov |
| Matt Mahoney | MMahoney@desmoineswa.gov |
| Traci Buxton | TBuxton@desmoineswa.gov |
| Jeremy Nutting | 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 | 911 |
| Animal Control | 206-870-6549 |
| Field House | 206-870-6549 |
| 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 Water/Sewer | 253-941-1516 |
| Midway Sewer District | 206-824-4960 |
| Puget Sound Energy | 800-321-4123 |
| SW Suburban Sewer | 206-244-9575 |
| Water District #54 | 206-878-7210 |

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From the Mayor

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TIM GEORGE,
City Attorney

Tim joined the City as an intern for the Municipal Court in 2003 while he was studying pre-law at the University of Washington.

Following

graduation, he moved to San Diego where he attended California Western School of Law. He rejoined the City in 2007 as the Prosecuting Attorney and worked as the Assistant City Attorney from 2010–2016. He was appointed as the City Attorney in September of 2016. He is licensed to practice law in Washington and California, as well as the United States District Court, Western District.

He spends his free time with his wife, Abbey, their one-month-old daughter, Lillian and their two dogs. He loves to travel, play golf and watch baseball.



KEN THOMAS,
Police Chief

Ken started his career in law enforcement in 1989 when he was hired as a police officer in the City of Kent. After a few years in Patrol,

Ken was transferred to Detective where he worked undercover as a Narcotics Detective for about six years. He was promoted to Sergeant, where he worked in patrol and supervised the Major Crimes Unit. He was later promoted to Lieutenant, where he developed the Intelligence-Led Policing program for the City of Kent. Ken also developed and implemented the School Safety partnership between the police department and school district. During this time, he also served as Commander for Valley SWAT. In 2010, Ken was promoted to Captain, where he served for approximately six months before being promoted to Chief. Ken served as Chief for the City of Kent for seven years, before joining the City of Des Moines in March of 2018.

Ken is currently President of the Washington Association of Sheriffs and Police Chiefs and was past president of the King County Chiefs Association. Additionally, he serves as Co-Chair of the State Homeland Security/Intelligence Committee and sits on the State Committee to Combat Human Trafficking. Ken is also active on the executive boards of the Western States Information Network (National Criminal Intelligence Network) and the Northwest High-Intensity Drug Trafficking Area that is a federally-funded initiative to combat large drug trafficking organizations.

Ken is married to Dr. Amy Cook who is a Dentist in Auburn. They have four boys; Casey [23] is an apprentice electrician, Danny [22] just graduated from WSU with a degree in finance, Kyle [20] is a Junior at Denver University studying Computer Science and Johnny [18] is headed to the University of Minnesota to study engineering this fall.

Ken enjoys the outdoors and likes to spend time on their boat. Ken also volunteers for the Western Hockey League as an off-ice official at the Seattle Thunderbirds hockey games as goal judge.



BETH ANNE WROE,
Finance Director

Beth Anne is the Finance Director at the City of Des Moines who oversees the Finance Department. Beth Anne has worked in government

finance for over 27 years, and prior to joining the City, she was the Deputy Finance Director at the City of Issaquah for over five years. She holds a Bachelor of Business Administration from the University of Portland, Oregon and is a licensed CPA.



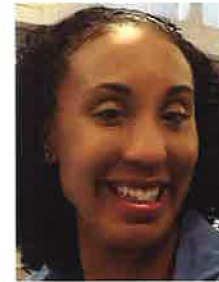
BONNIE WILKINS,
**City Clerk/
Communications
Director**

Bonnie just celebrated 20 years with the City of Des Moines. She started her career at the

City as Payroll Clerk and was Office

Manager for Parks, Recreation & Senior Services for 12 years before moving back down to City Hall in December 2012 as the City Clerk. Bonnie received her Municipal Clerk Certification in 2015 from the International Institute of Municipal Clerks through a Washington State University-Accredited program. She is currently working towards her Master Municipal Clerk's Certification. She is the Co-President of the King County Municipal Clerks Association and serves on the Des Moines Police Foundation and Des Moines Dollars for Scholars Boards. She is currently the President of Des Moines Dollars for Scholars.

Bonnie is a lifelong resident of Des Moines and has been married to Scott for 35 years. They have two children, Jordan [28] and Bradley [23], who both recently got married. In her free time, she loves being with her family, watching the Seahawks and traveling.



**ADRIENNE
"AJ" JOHNSON-
NEWTON, Human
Resources
Director**

Adrienne started her career in public service in 2004 in the Finance department of

Pierce Transit. Her original plan was to stay in Finance, but late one night, after a brutal year-end closing, she decided to switch careers and move into Human Resources. She has a degree in Business Administration from Capella University. Adrienne's background in Finance, strong analytical abilities and critical thinking skills turned out to be key assets in Human Resources. Adrienne was promoted to HR Business Partner, where she supported senior management from seven business units with approximately 600+ employees. After spending 14 years at Pierce Transit, she was selected as the HR Director for the City of Des Moines. Adrienne's favorite thing about her profession is that no two days are the same. One moment she may be helping an employee navigate changes with their benefit elections, while in the next moment she is dealing with the effect of new laws or regulations on our workforce.

In her free time, you can usually find her at a basketball game, cheering very loudly for her boys; reading the latest

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From the Mayor

<< PAGE 7

suspense thriller or traveling to a tropical destination. She is excited to be at the City of Des Moines and appreciates being surrounded by such passionate and dedicated employees.



BRANDON CARVER,
Public Works
Director

Brandon has been with the City of Des Moines for over 10 years. Prior to that, he worked for the City of Bellevue and Pierce County

Public Works. He holds a Bachelor's Degree in Civil Engineering from the University of Washington (Go Huskies!) and has over 22 years of experience in the public sector managing infrastructure improvements and operations. Brandon has been the City's Public Works Director since November 2016. He is responsible for the oversight of all aspects of City maintenance and new capital investments, as well as transportation and surface water operations. Since 2000, Brandon has been a registered Professional Engineer (PE) with Washington State. He also holds a Professional Traffic Operations Engineer (PTOE) certification from the Institute of Transportation Engineers (ITE).

Originally from the Burien area, Brandon enjoys serving the citizens of a local community close to his roots. He has been fortunate to share life with his wife, Natasha, together they have six children with number seven on the way later this year. He enjoys family time, landscaping, and Mariner baseball.



SCOTT WILKINS,
Acting
Harbormaster

Scott has worked for the City of Des Moines Marina for over 22 years. Prior to the appointment of Acting Harbormaster,

Scott held the positions of Marina Maintenance Manager and Assistant

Harbormaster. He currently serves on the Board of Directors of the Pacific Coast Congress of Harbormasters and Port Managers. Scott holds several certifications from the University of Alaska Southeast. These include certifications in Harbor Administration, Marina Structure and Materials and Oil Spills – Prevention, Preparedness and Response Certifications and he is SCUBA certified.

Scott is a lifelong resident of Des Moines and has been married to his wife, Bonnie for 35 years. Together they have two children, Jordan [28] and Bradley [25]. In his spare time, he enjoys taking his 1967 Chevrolet Nova or Harley Davidson motorcycle out for a spin, fishing and traveling.

I WOULD ALSO LIKE TO TAKE THIS time to introduce you to the newest members of our Police Department.

Entry-level officer, **Austin Arneberg** was hired on January 1, 2018. He graduated from the Basic Law Enforcement Academy on June 28 and will begin field training in the next few days, with a scheduled completion date in late September.

Ryan Miskell and **Shay Lamarsh** are experienced police officers that were hired on June 1, 2018. Since they are experienced police officers, they do not need to attend the law enforcement academy. Both are in field training right now, and they are scheduled to be done this month.

Entry-level officer, **Clayson Tanner** was hired on June 16, 2018. He is doing orientation and familiarization work while he waits to attend the Basic Law Enforcement Academy. His tentative academy start date is in mid-November.

Jonathan Tyler, an experienced police officer, began his employment with us on July 1, 2018. He is currently active in his field training. His scheduled completion date is in early September.

As each one of these officers completes their field training, they will be assigned to a patrol team and begin handling calls for service on their own, under the direction of the patrol sergeant.

We have several candidates in the pre-employment background process right now. We hope to fill four additional police officer positions in the very near future.

IT IS MY PLEASURE TO INTRODUCE you to our leadership team. I hope you say "hello" to them when you see them out and about in our City. We are very fortunate to have such a talented team of dedicated

individuals to help us as we head into our very bright future.

As the City continues to evolve, you will notice some changes. We are working very hard to create and fine-tune processes that will serve us all for many years to come. One such change is beginning with this edition of *City Currents*. The previous issues of *City Currents* had two clearly defined sections; one for Parks, Recreation & Senior Services classes, programs and activities and another for City news and information. We believe that one cohesive magazine will provide better communication about things that are occurring in our community.

You will find the Parks, Recreation & Senior Services, Classes and Programs on page 18. Our staff will continue to listen to our citizens and create classes, programs and activities that will benefit our youth to seniors for years to come.

As we move into this fall, I hope you are able to participate in the various activities and events that are happening throughout our community. On behalf of the Des Moines City Council, we thank you for your patience, involvement and continued support.

Matt Pir
Mayor & Councilmember
City of Des Moines, Washington



MEMORIAL 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 ten-year timeframe. If you are interested in purchasing a bench to honor someone you know, please phone 206-870-6547 for more information or email jbst@desmoineswa.gov



Community Meeting

The Des Moines Police Department invites you to a public presentation.

A REPORT TO THE COMMUNITY, HIGHLIGHTING:

Crime Statistics and Trends
Strategies for Moving Forward

There will be an opportunity for questions and comments. Be part of the conversation on what's happening in Des Moines!

We look forward to seeing you on Wednesday, September 19, 2018 at 7pm, Highline College, Building 7.

The Des Moines Police Department is committed to providing quality, professional law enforcement services. We encourage problem solving, community policing philosophy and seek to work together with the community, as well as other departments to effectively improve the quality of life in our neighborhoods.

WHEN:

Wednesday,
September 19, 2018

WHERE:

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2400 S 240th Street,
Building 7

TIME:

7-8:30pm

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STAFF COMINGS & GOINGS

COMING

| | |
|-----------------|--|
| Katy Bevegni | Marina Office Manager (Promotion) |
| Tanner Clayson | Police Officer Recruit |
| Jeanette DeSuze | Office Attendant II |
| Joel Van Dyk | Facilities Maintenance Worker I |
| Kyle Ehlers | Assistant Recreation Manager (Promotion) |
| Laura Hopp | Permit Counter Assistant |
| Shay Lamarsh | Police Officer II |
| Ryan Miskell | Police Officer II |
| Tara Reilly | Marina Office Specialist (Promotion) |
| Ken Thomas | Police Chief |
| Jonathan Tyler | Police Officer II |

GOING

| | |
|-----------------|--|
| David Foxley | Court Marshal |
| Maureen Murphy | Human Resources Manager |
| Sue Padden | Senior Services Manager |
| Debbie Privett | Permit Counter Assistant |
| Patrice Thorell | Parks, Recreation & Senior Services Director |



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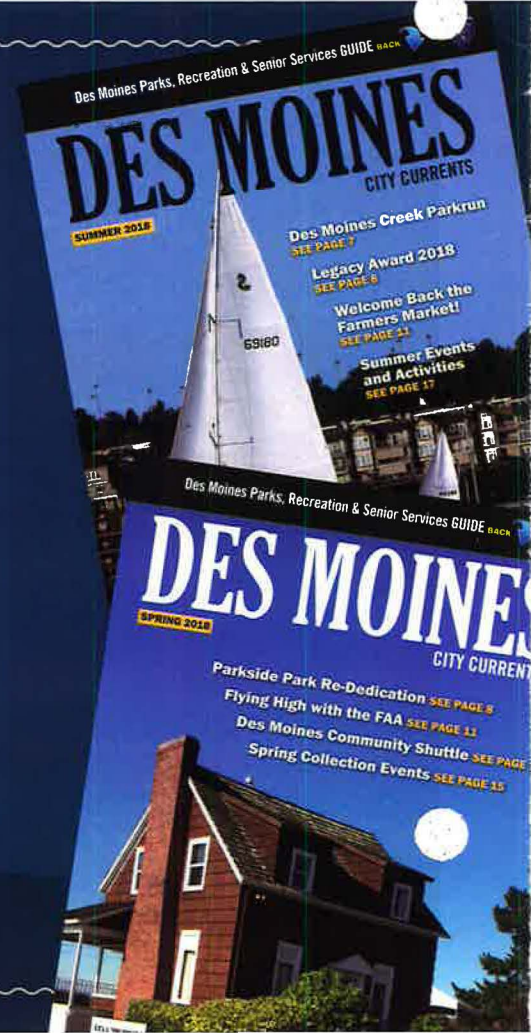
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Progress Report for the Shoreline Master Program Periodic Review

The City of Des Moines is in the process of reviewing its Shoreline Master Program (SMP), and is encouraging anyone that is interested to participate in the process. The first of two open houses was held on August 14, where participants were involved with visioning and identification of high-priority issues that will inform development of an amended SMP. In the coming months, proposed amendments to the SMP will be drafted. A second open house is scheduled to be held on the evening of Tuesday, November 13 at the Des Moines Activity Center, where participants will have the opportunity to weigh in on these draft changes. The City will also have a booth at the Des Moines Waterfront Farmers Market on Saturday August 25, from 10am-2pm.

WHAT IS THE SHORELINE MASTER PROGRAM PERIODIC REVIEW?

The City's SMP is the document that plans for and protects the City's shorelines. The City's first SMP was adopted in 1972 after the Shoreline Management Act (SMA) went into effect in 1971. Since then, the City has updated its SMP several times, leading to the current version that was approved by the Washington State Department of Ecology and adopted in 2011. The document provides the policies and regulations for how the City's shoreline areas are protected and for how they will be used and developed over time. The SMP applies to development within 200 feet of the Ordinary High Water Mark (OHWM), which in the City of Des Moines would include approximately 115 acres of property bordering the Puget Sound.

Every eight years, State law requires that the City conduct a periodic review of the SMP. The City has a deadline of June 30, 2019 to complete it during this periodic review cycle. The review ensures that the SMP stays current with changes in laws and rules, remains consistent with other Des Moines plans and regulations, and is responsive to changed circumstances, new information, and improved data. As part of this update, the City also plans to simplify shoreline permitting procedures.

Public participation is highly encouraged throughout the SMP update process. All interested parties are invited and encouraged to attend the open house on November 13 and the Farmers Market booth on August 25 to learn more about the SMP update and to contribute to its development. For more information or to provide feedback, see the City's SMP update webpage at www.desmoineswa.gov/smp.



service@airporttouchlesscarwash.com

Superior cleaning results at an affordable price.

- Complete Car Wash Center open 24 hours
- Located just south of Des Moines Safeway
- No brushes, no tire rails, only 5 minutes
- Safe for all cars, SUVs and trucks
- Touchless and self-serve car washing
- Vacuums and detailing accessories
- Family owned for 21 years

21010 International Blvd SeaTac, WA 98198
airporttouchlesscarwash.com | 206-592-9310

To be involved with the SMP update, join us at the Waterfront Farmers Market on Saturday, August 25, from 10am-2pm, or attend an open house on the evening of Tuesday, November 13 at the Des Moines Activity Center.

You can also follow the SMP update and submit comments at the City's webpage: www.desmoineswa.gov/smp



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



Vivian H Bae DDS
 FAMILY DENTAL CARE

PERSONAL, HIGH QUALITY DENTAL CARE

20710 1st Ave S, Des Moines, WA 98198 | 206-878-8180 | www.vivianbaedds.com



DOGS IN A HOT CAR

By Master Animal Control Officer,
Jan Magnuson

The warm summer sun is fading, and the cloudy days and cooler nights of autumn are on their way. As much fun as the sunshine is, many of us dog owners appreciate our dog walks being a little cooler (for us AND our canine companions!) in the fall.

I respond to multiple “dog in a hot car” calls in the summertime; however, some folks don’t realize that I also get that type of call in the fall. Because our weather begins to cool down, and often the mornings are chilly, dog owners bundle up and take their dogs with them on errands and such, thinking their vehicle will stay cool enough for their beloved pet while they are in grocery shopping or eating lunch in a café. What can possibly happen, though, is that the clouds clear,

and the sun comes out, causing the temperature to rise—this can cause vehicles to heat up very rapidly, and that can quickly become a dangerous health situation for the dogs.

I responded to a 911 call in autumn years ago, where the temperature outside was only 70 degrees, and there was a puppy in a vehicle parked in partial shade with all four windows part-way down. The puppy was excessively panting and frantic, and I could clearly see she was in distress; I used my thermometer to check the interior temperature of the vehicle, and it was 104 degrees! I always check multiple times to make sure the reading is correct, and all three times, it read 104 degrees. I immediately removed the overheated puppy from the

vehicle and rushed her to the local vet hospital, where she was properly cooled down and given fresh water, and thankfully, quickly and completely recovered! Through my training and experience it was clear to me, had the puppy been left in that vehicle much longer, she would have suffered heat prostration (hyperthermia) and could have died. Thank goodness for the caring citizen who called us to respond!

Let’s all be mindful when bringing our doggies with us in our vehicles; we all certainly enjoy their company and getting out and about; however, they depend on us to keep them safe, so we need to do that!

Your furry family members thank you!



BALLPARK BANNER SPONSORSHIP PROGRAM

To promote local business, we place 4x8' banners at Steven J. Underwood Memorial Park and/or the Field House Park. The program runs from March to November, and businesses can have their banner fly for either one year or three years. Typically, these parks are very well utilized, so the banner would receive tremendous exposure. For more information, or to participate in the program, phone 206-870-6547 or email jbest@desmoineswa.gov.

Housing Repair Assistance Program

The City of Des Moines is once again providing minor home repair services

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

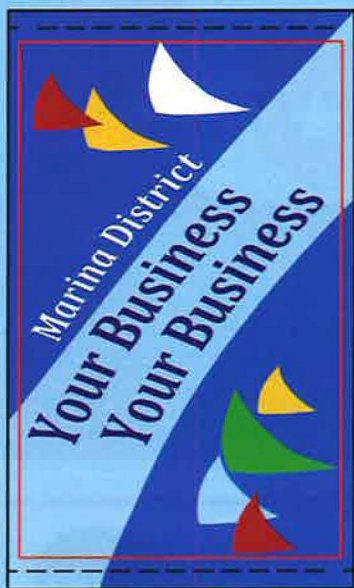
HOW DO I APPLY?

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 Avenue S Suite 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.

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.



STREET BANNER PROGRAM

Spanning Marine View Drive, cross streets and areas of 7th Avenue, are colorful banners promoting local businesses. The banners are fade-resistant and made from a heavy 22-ounce vinyl. Each banner is \$275 for one year with an annual renewal fee of \$175. Returning businesses have first priority, but if you would like to participate in this program or want to learn more, please call 206-870-6547 or email jbtest@desmoineswa.gov for additional information. Spots are available!

NORMANDY PARK SENIOR LIVING PRESENTS



SUNDAY Brunch

\$8 Adults,
\$4 Children 12 and Under.
Free with Touring Parties

JOIN US
2nd Sunday of every month
11 AM - 1 PM



A Member of the
Artegan Family
Celebrating the
Art of Life

For reservations
please call us at
(206) 241-0821 today!

16625 1st Ave South | Normandy Park, WA 98148
(206) 539-1629 | www.artegan.com

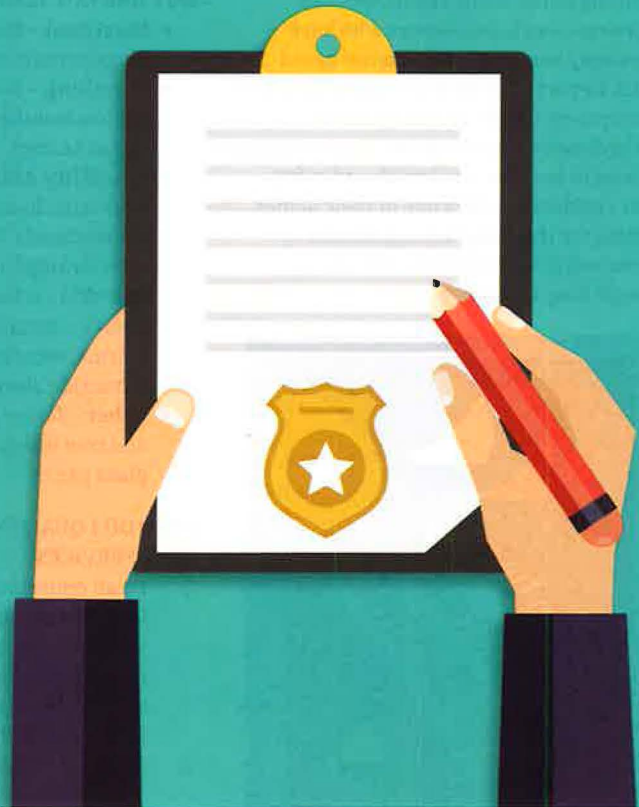
Reporting Crime is Important!

All of us have been there, a crime occurs, but it's not major, and we're just glad nobody was hurt. We think about calling the police, but through our own system of thought, we convince ourselves it is no big deal; "why bother?" "I don't have the serial number," or "The police are busy with important stuff." These and other excuses may seem reasonable, but there are very good reasons to report crime.

- If you don't report it to the police, we do not know what happened. And because we are evidence-based, no report means all is well in your neighborhood.
- Crime stats are checked on a neighborhood for possible reallocation of boundaries and officers. If you have not reported your criminal activity, you may lose officers to a busier part of the city.

So the important thing is to report it: emergency or crime-in-progress, call 911.

For a crime that has occurred, but is now over and there are no suspects at hand: police non-emergency, 206-878-2121 or online, www.desmoineswa.gov/crimereport.



BECOME A LIFEGUARD JOIN OUR TEAM

Lead, Serve Others & Make Money

Flexible Scheduling/Hours

Positions start at
\$13/hour!

Now hiring lifeguards for 2018!

Applicants must be 15 years or older.

Must be able to swim 300 yards.



Interested in teaching swim lessons? Visit mtrainierpool.com/employment for details.

Course fee waived for eligible participants.

The District is offering FREE lifeguard training classes. Call 206.773.9683 for more info.



MOUNT RAINIER POOL, DES MOINES POOL METROPOLITAN PARK DISTRICT
22722 19th Ave S, Des Moines WA 98198
206.429.3852 | dominic.finazzo@mtrainierpool.com





COFFEE WITH A COP EVENTS ARE BACK!



Stop by any upcoming event and say hello!

| | | |
|---------------------|------------------------|-------------------------|
| September 12 | 9-10am | Wesley Terrace |
| September 26 | 9-10am | Wesley Gardens |
| October 18 | 8:30-9:30am | Judson Park |
| November 15 | 11:30am-12:30pm | Highline College |

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



For more information, visit www.pugetsoundstartshere.org



Storm Drain Marker Volunteer Program

COME HELP MAKE A DIFFERENCE IN THE COMMUNITY! Organizations or individuals 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. 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 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, tbeekley@desmoineswa.gov; or Janet Best, Volunteer Programs at 206-870-6547, jbest@desmoineswa.gov.

The Des Moines Arts Commission and the MaST Center at Redondo present the 6th Annual

Squid-A-Rama

Saturday
Nov. 10th
2018
4-7:30 pm

Celebrate the return of our favorite cephalopod to Poverty Bay at the MaST Center next to Sally's in Redondo, 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. There's an art exhibition by Des Moines students, live squid and more in the aquarium, scuba divers in Puget Sound, videos, and coffee, hot chocolate and Sally's chowder for purchase.

Artwork by Jennifer Nis
Puget Sound School

4th Annual

ARTS GALA

on Poverty Bay

TO BENEFIT DES MOINES ARTS

Friday, Sept. 21 6³⁰-9³⁰ pm

Des Moines Beach Park Auditorium

ARTS AUCTION • APPETIZERS • DESSERTS • WINE

Tickets: \$50

On sale at Salon Michelle and BrownPaperTickets.com



NOW HIRING FUN AND ENTHUSIASTIC SWIM INSTRUCTORS FOR FALL



CLOSED JULY 30-SEPTEMBER 3

The Mount Rainier Pool will be closed for maintenance and refurbishment to the facility's structure from Monday, July 30 through Monday, September 3. The Highline School District will be removing spalling brick and putting a protective coating on the interior and exterior, as well as replacing our skylight over the pool.

Come share your knowledge and experience!

Located just minutes from Highline College on Mt. Rainier High School campus, Mt. Rainier Pool has been serving our community for 43 years.

QUALIFICATIONS:

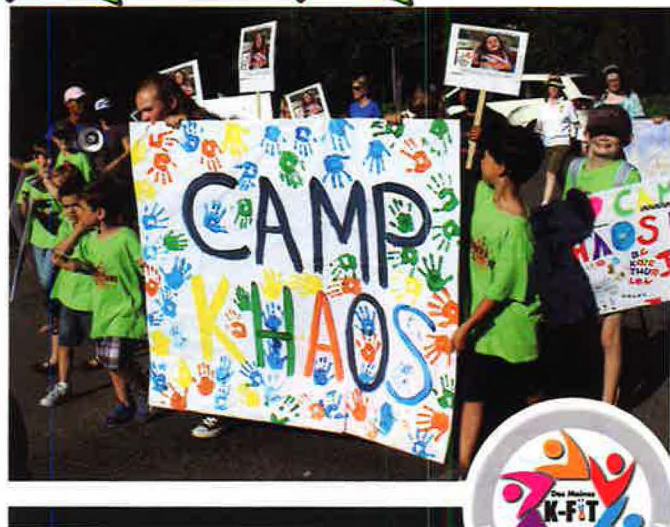
- Must be at least 16 years of age
- Swim lesson experience
- American Red Cross Water Safety Instructor preferred, but not required
- Ability to teach all levels, from age two to 99
- Ability to stay in the water for at least two hours at a time

PAY RATE: \$14.50-17.50/HOUR (DEPENDING ON EXPERIENCE)

Private swim lessons may be available.

TO APPLY:

Submit application to
22015 Marine View Drive S
Suite B
Des Moines WA 98198
or send resumé to
info@mtrainierpool.com



Club KHAOS

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:

\$30R/\$35NR

Highline School District Sites:

Des Moines, North Hill, Marvista, Midway and Parkside Elementary Schools

Federal Way School District Site:

Woodmont Elementary School

Financial Scholarships Available. 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, a morning filled with enriching activities, individual and group playtime.

6:30am-school starts

| Dates | R/NR | Highline |
|-------|-------------|----------|
| Sep | \$262/\$318 | |
| Oct | \$335/\$406 | |
| Nov | \$276/\$336 | |
| Dec | \$218/\$265 | |

| Dates | R/NR | Federal Way |
|-------|-------------|-------------|
| Sep | \$225/\$273 | |
| Oct | \$261/\$315 | |
| Nov | \$202/\$244 | |
| Dec | \$178/\$215 | |

Drop-in Fee: R/NR

| | |
|------------------|-----------------|
| Highline Sites | \$17.50/\$21.25 |
| Federal Way Site | \$14.25/\$17.25 |

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

| Dates | R/NR | Highline |
|-------|-------------|----------|
| Sep | \$275/\$332 | |
| Oct | \$352/\$425 | |
| Nov | \$294/\$355 | |
| Dec | \$231/\$279 | |

| Dates | R/NR | Federal Way |
|-------|-------------|-------------|
| Sep | \$339/\$406 | |
| Oct | \$395/\$473 | |
| Nov | \$307/\$367 | |
| Dec | \$268/\$321 | |

Drop-in Fee:

R/NR

| | |
|--------------------------------------|-----------------|
| Highline Sites | \$17.50/\$21.25 |
| Federal Way Site | \$21.25/\$25.50 |
| Highline Early-Release Fridays* | \$22.75/\$27.00 |
| Federal Way Early-Release Wednesday* | \$25.00/\$29.50 |

**Must register for early release days separately.*

Sunrise to Sunset

Give yourself a worry-free day, and a significant fee reduction.

6:30am-6pm

| Dates | R/NR | Highline |
|-------|-------------|----------|
| Sep | \$378/\$459 | |
| Oct | \$483/\$587 | |
| Nov | \$399/\$485 | |
| Dec | \$315/\$383 | |

| Dates | R/NR | Federal Way |
|-------|-------------|-------------|
| Sep | \$405/\$488 | |
| Oct | \$469/\$565 | |
| Nov | \$363/\$437 | |
| Dec | \$320/\$385 | |

All prices subject to change due to school district schedules.



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–6pm

Field House

| Day | Dates | District | Camp Type |
|---------|--------------|----------|--------------|
| Fri | Oct 12 | FW | No School |
| Thu–Fri | Nov 8–9 | FW | Conferences |
| Fri | Nov 12 | HL & FW | Veterans Day |
| Mon–Fri | Dec 26–Jan 4 | HL & FW | Winter Break |

R/NR

| | |
|--------------------|-------------|
| Daily Drop-in Fee: | \$40/\$45 |
| Winter Break Fee: | \$233/\$262 |

All dates subject to change due to school district schedules.

YOUTH SPORTS/LEAGUES

Basketball Training Clinic

Des Moines Parks and Recreation is the place to go if you want to develop as a basketball player. All levels are welcome. We will cover shooting, ball handling, passing and how to play without the ball in your hands. Sign up now, and you will become a better player and learn what it takes to get as good as you want.



| Grades K–2 | \$60R/\$72NR | Field House |
|------------|----------------|-------------|
| Tue | Sep 4–25 | 5:30–6:15pm |
| Tue | Oct 2–23 | 5:30–6:15pm |
| Tue | Nov 6–27 | 5:30–6:15pm |
| Grade 3–8 | \$137R/\$152NR | Field House |
| Thu | Sep 6–27 | 5:30–6:45pm |
| Thu | Oct 4–25 | 5:30–6:45pm |
| Thu | Nov 1–29* | 5:30–6:45pm |

*No class November 22

Check out our Early Bird Rates!

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

Registration Dates

Player Fee R/NR

| | |
|----------------|-------------------------------|
| Sep 1–30 | \$74/\$89 |
| Oct 1–31 | \$84/\$100 |
| Nov 1–11 | \$105/\$125 |
| Nov 11 | Registration Closed |
| Nov 12–Dec 16* | Late Registration \$155/\$185 |

*Placement on a team is not guaranteed

Coaches Meeting

| | | | |
|-----|-------|-----|-------------|
| Tue | Nov 6 | 6pm | Field House |
|-----|-------|-----|-------------|

Youth & Teen Basketball Leagues

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

League Sponsor:

Land O’Frost Lunchmeat Meats



Season: Late November–early March

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

Practices: Scheduled one weekday night a week starting late November

Co-ed Youth Division Features 8-foot baskets!

Grade K
Grades 1–2

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 |
| Grades 7–8 | Grades 7–8 |



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 hand-work.

| Sat | | R/NR | Field House |
|--------|----------|-----------|-------------|
| Nov 17 | Age 7–15 | \$31/\$37 | 9am–12pm |
| Nov 17 | Age 3–6 | \$25/\$30 | 1–3pm |

Rams Hardwood Winter Basketball Camp

Players receive instruction from Mt. Rainier High School basketball players and coaches focused on individual development and teamwork. Players improve dribbling, shooting, rebounding and other essential basketball skills and use them in games and competition.

| Wed–Thu | | R/NR | Mt. Rainier Gym |
|-----------|----------|-----------|-----------------|
| Dec 26–27 | Age 7–15 | \$56/\$66 | 9am–12pm |

South Elite Rec Cheer Program

Be a part of South Elite's beginning-to-intermediate level cheer squad! You'll learn dances, cheers and beginning tumbling. There will be opportunities to perform, too. This team will perform at community events like football games, basketball half-times, showcases, local parades and festivals. Previous experience is not required—contact South Elite with questions. Cheer classes are run by South Elite All Stars at gosouthgo.com.

| Co-ed, Ages 7–18 | \$159 | South Elite All Stars Kent, WA |
|------------------|-------|--------------------------------|
| Sep 4–Nov 27 | | 6–7pm |
| Dec 4–Feb 26 | | 6–7pm |



Saturday, December 8
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.

YOUTH ACTIVITIES

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 with CPR/First Aid certification.

| Mon–Thu | Ages 4–5 | R/NR | Field House |
|---------|-------------|-------------|-------------|
| Sep | 9:30am–12pm | \$168/\$201 | |
| Oct | 9:30am–12pm | \$266/\$319 | |
| Nov* | 9:30am–12pm | \$210/\$252 | |
| Dec* | 9:30am–12pm | \$168/\$201 | |

*No school November 12 & 22 and December 24–31. All Prices subject to change due to school district schedules.

Indoor Tot Time

Keep your little ones active indoors as the weather turns with age-appropriate exercise and play! We will have fun with 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 1–5 | Field House |
|--------------------|-----------|-------------|
| Sep 10 and ongoing | 10am–12pm | |

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 | R/NR | Field House |
|---------------|-------------|------------|-------------|
| Sep 12–Oct 31 | 4:20–4:50pm | \$92/\$110 | |
| Nov 7–Dec 19* | 4:20–4:50pm | \$81/\$97 | |

*No class November 21; makeup class November 29

Tiger Kids/Family Martial Arts & Fitness

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

| Wed | Ages 7+ yrs | R/NR | Field House |
|---------------|-------------|------------|-------------|
| Sep 12–Oct 31 | 4:50–5:30pm | \$92/\$110 | |
| Nov 7–Dec 19* | 4:50–5:30pm | \$81/\$97 | |

*Colored belts 4:50–5:45pm. No class November 21; makeup class November 29

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 toward 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, 206-870-6582. Facilitators: recreation staff



Thu 3–4:30pm Grades 6–9 Free Field House

Teen Dances

Kick-it at themed dance parties hosted by Des Moines Youth Council! Themed dance parties feature contests, concessions and dancing. Des Moines schools: grades 6–8; waiver and student ID required for admission or Des Moines residents with parent verification. Call 206-870-6582 for policy information. Facilitators: recreation staff

| | | |
|------------|------------------|--------------------|
| Fri | 7:30–10pm | Field House |
| Sep 28 | Back to School | \$8 |
| Oct 26 | Monster Mash | \$8 |
| Dec 7 | Frozen In Time | \$8 |

HALLOWEEN CARNIVAL!
WEDNESDAY, OCTOBER 31
5-8pm
Field House
1000 SOUTH 220TH STREET

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

*CHILDREN UNDER AGE 5 MUST BE ACCOMPANIED BY AN ADULT.



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 for the materials fee to the instructor on first day of class. Instructor: Gaylynn Smith, Professional Certified

| | | | |
|------------|-------------------|-------------|-----------------------|
| Sat | Ages 11–15 | R/NR | Police Station |
| Sep 15 | 8:30am–2:30pm | \$56/\$68 | |
| Nov 10 | 8:30am–2:30pm | \$56/\$68 | |



Parents' 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.

| | | | |
|------------|------------------|-------------|--------------------|
| Fri | Ages 4–12 | R/NR | Field House |
| Oct 19 | 6–10pm | \$20/\$24 | |

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 check off these holiday errands!

| | | | |
|------------|------------------|-------------|--------------------|
| Fri | Ages 4–12 | R/NR | Field House |
| Dec 14 | 6–10pm | \$20/\$24 | |
| Sat | Ages 4–12 | R/NR | Field House |
| Dec 22 | 12–4pm | \$20/\$24 | |

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+ \$40 Public Works & Parks Service Center
Sep 22 8am–4pm

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



| Day | Dogs 4+ months | R/NR | Field House |
|-----|----------------|------------|-------------|
| Wed | Sep 5–Oct 10 | \$95/\$105 | 7:15–8:15pm |
| Wed | Oct 24–Dec 12* | \$95/\$105 | 7:15–8:15pm |

*No class October 31 or November 21

Metro Transit LINK Instruction Program

Are you interested in learning more about riding public transportation in King County, but are unfamiliar with, or reluctant to use the LINK light rail system? 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 fare. This presentation is a pre-requisite to the field trip.

Part One ~ Metro Transit LINK: In-House Presentation

Time will be focused on how to ride and navigate LINK light rail. Some of the subjects covered are boarding, recognizing all the information at a bus/LINK stop, transferring from LINK to buses, and problem-solving skills while on LINK. The presentation also includes using your ORCA card, paying with cash and much more.

| Thu | Free | Activity Center |
|--------|-----------------------|--------------------|
| Oct 18 | 9:30–11am 1–2:30pm | Spanish English |

Part Two ~ Metro Transit LINK: Community Instructional Outing

This is your chance to practice what you learned during the presentation. The escorted trip will help you gain the confidence and skills to be successful and independent as you ride the LINK light rail. The destination is from the new Angle Lake LINK Station to the UW/Husky Stadium Station, with a stop at the International District Station for lunch: Uwajimaya, anyone?

| Fri | Free | Activity Center |
|--------|--------|-----------------|
| Oct 19 | 9:30am | Spanish |
| Oct 26 | 9:30am | English |



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.

| | | |
|---------|---------------------------------|-----------------|
| Age 50+ | \$15AARP Member/\$20 Non-member | Activity Center |
| Tue/Wed | Oct 23 & 24 | 10am–2:30pm |

Block Printing for All

Whether you are a total beginner, or have experience with the fun and easy medium of block printing, this class is for you. We will cover basics of designing, cutting, registering and printing your designs that you create in the easily-carved Safety-Kut material. Create your own unique designs that can be used for holiday cards!

Complete supply list suggestions available at registration. Teacher will bring some Safety-Kut blocks for purchase. Instructor: Susan Waite, BFA in painting and printmaking from Cornish College. Pay \$15 supply fee to instructor.

| | | |
|---------|---------------|-----------------|
| Age 50+ | \$60 | Activity Center |
| Mon | Sep 24–Nov 19 | 1–3:30pm |



Art Workshops

All art supplies are included.

| | | | | |
|------------------------------|-----|--------|--------|------|
| Rock Cactus | Fri | Sep 21 | 9-11am | |
| Instructors: Debi & Debbi | | | | \$30 |
| Halloween Goblet | Fri | Oct 26 | 9-11am | |
| Instructors: Debi & Debbi | | | | \$30 |
| Paint & Sip | Thu | Nov 16 | 2-4pm | |
| Instructor: Linda Upshaw | | | | \$25 |
| Holiday Floral Arrangement | Fri | Nov 30 | 9-11am | |
| Instructor: Charisse Gregory | | | | \$35 |



Aromatherapy First Aid Kits

There are hundreds of essential oils in the world that help in many different ways. Receive information and a kit with a few oils that may come in handy in an emergency. Licensed Reiki therapist and owner of Debi's Healing Touch, Debi O'Brien, will guide you through your kit and describe how to use the oils

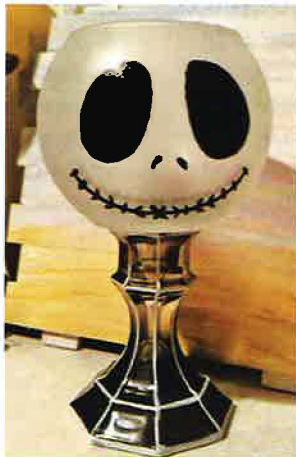
correctly in first-aid situations.

Fri Oct 19 \$30 9-10am Activity Center

Happy New Year! ~ Midday Style ~ New Year's Eve Party

You don't have to wait until midnight to celebrate the New Year at this party! Celebrate with friends old and new at Des Moines/Normandy Park Senior Activity Center on Mon, Dec 31st. Enjoy music and dancing with Randy Litch, our game room for drop-in Mexican Train, hand-and-foot, pinochle, poker and tasty appetizers with sparkling punch to toast the New Year. Ring in the New Year with laughter and good fun.

Mon Dec 31 \$5 1-3pm Activity Center



RECREATION SCHOLARSHIPS



The City of Des Moines Parks Recreation and Senior Services strives to make all programs and activities accessible to all people regardless of income. Scholarships will be granted on a percentage discount, depending on individual circumstances. All information will remain confidential. To be eligible for a scholarship, you must reside within the city limits of Des Moines, WA and meet the family size/yearly income requirements. Applicants meeting eligibility guidelines are awarded up to \$150 per quarter per calendar year. Eligible residents will be required to provide proof of identification, residency, and income. Scholarship applicants must be approved prior to registration. Call 206-870-6527 for more information.

La Ciudad de Des Moines Parques de Recreación y Servicios para Personas Mayores se esfuerza por hacer que todos los programas y actividades sean accesibles a todas las personas independientemente de sus ingresos. Las becas se otorgarán con un descuento porcentual, dependiendo de las circunstancias individuales. Toda la información permanecerá confidencial. Para ser elegible Para una beca, debe residir dentro de los límites de la ciudad de Des Moines, WA y cumplir con el tamaño de la familia / ingresos anuales. Reunión de solicitantes Las pautas de elegibilidad se otorgan hasta \$ 150 por trimestre por año calendario. Los residentes elegibles deberán presentar prueba de identificación, residencia, Y los ingresos. Los solicitantes de becas deben ser aprobados antes del registro. Llame al 206-870-6527 para más información.

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

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

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



Welcome to our new registration system DASH Online

Yes we have made the move to an Online registration system. Please follow the steps below to setup your account. Registering for Programs online at your convenience is now available. Office registration and payments will still be available.

1. Start by visiting: www.desmoineswa.gov/dash



2. Select Create Account. Note: Enter YOUR personal information first, then add your children to the same account.
3. Enter Email address and choose email communication preference.
4. Enter your personal information and set up a password. On this screen you can also add children to the account.
5. To complete account set up, follow link provided with confirmation email. You are ready to login!

The first time you login, you will be asked to read and agree to The City of Des Moines liability waiver. Select "I have read and agree to the waiver", enter your account password and your initials for a digital signature. The waiver will be valid for one year from the date of signature. You are now ready to browse and register for activities!

Medical Lending Closet

Are you slated for surgery and need medical equipment such as a bath bench, walker or commode during rehab?

Check out our Medical Lending Closet because you just might find what you need.

- o Donation suggested (\$5-25)
- o Equipment is available for short-term use.
- o Available on a first-come basis.



We gladly accept clean equipment donations such as transport wheelchairs, shower & transfer benches and commodes.

Medical Lending Closet
Des Moines Activity Center
 2045 South 216th Street – Des Moines, WA
 206-878-1642

ADULT FITNESS

Enhance Fitness Silver & Fit/Keizer Permanente



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: Yu San Gartz

| Tue/Thu/Fri | Adults | Field House |
|-------------|-----------------------|-------------|
| Sep 4-28 | 8-9am or 9:20-10:20am | \$48 |
| Oct 2-30 | 8-9am or 9:20-10:20am | \$52 |
| Nov 1-30* | 8-9am or 9:20-10:20am | \$48 |
| Dec 1-14 | 8-9am | \$24 |
| Dec 1-31* | 9:20-10:20am | \$44 |

*No class November 22-23 and December 25



Chair Yoga

Gentle stretching can help to enhance a greater range of movement. Get a total body stretch of all major and minor muscle groups and improve overall flexibility and balance. Instructor: Carolyn Rosenfield

| Age 50+ | \$40 | Activity Center |
|---------|---------------|-----------------|
| Thu | Sep 6-Oct 11 | 9-10am |
| Thu | Oct 25-Dec 6* | 9-10am |

*No Class November 22

Tai Chi – Silver & Fit

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 six weeks, students will have learned the movements from the 24-pattern form. Wear comfortable, loose clothing. Instructor: John Lindsay

| Adults | \$60 | Normandy Park City Hall |
|---------|--------------|-------------------------|
| Mon/Wed | Oct 15-Nov 7 | 11am-12pm |

Zumba Gold – Silver & Fit

Zumba Gold is accessible for seniors, beginners or others needing modifications in their exercise routine. As we age, exercise continues to be of critical importance to weight management, heart health, balance and injury prevention. Zumba Gold is a dance workout infused with a medley of dance styles, including merengue, cha-cha, cumbia, belly dance, rumba, tango and salsa. Zumba Gold falls under the category of endurance training, which keeps the heart healthy and the circulatory system strong. Wear loose-fitting, comfortable clothing that allows your body to experience a wide range of movement. Wear athletic shoes to support your ankles and knees to efficiently and safely move through your workout. Chairs available for seated modifications of the dances. Instructor: Deborah Birrane

Thu Sep 13–Nov 1 \$55 3:30–4:20pm Activity Center

Yoga For Your Back – Silver & Fit

Who's got your back? You do! Radiant Health Yoga®, a Hatha-based yoga practice, will allow you to explore more deeply and gently what your body and mind seek... less pain! Yoga helps increase strength in very specific muscles and muscle groups. Back and abdominal muscles are essential components of the muscular network of the spine, helping the body maintain proper upright posture and movement. When these muscles are conditioned, back pain can be greatly reduced or avoided. Breathing is another important component to your yoga practice. The quality of the breath, in many ways, determines the quality of your yoga practice. Breath sets the stage for a relaxed body, encourages strong circulation, and eases tension; thus, minimizing pain and disease. Wear comfortable clothing. Please bring a mat and a blanket. Instructor: Deborah Birrane

| Day | Date | Time | Activity Center |
|-----|--------------|-------------|-----------------|
| Thu | Sep 13–Nov 1 | 4:30–5:30pm | \$55 |

Sunday Walks!

Gary McNeill with Des Moines Legacy Foundation is hosting local walks on a Sunday each month. The location and routes of the walks are subject to change, so updated information can be obtained from the Des Moines Legacy Foundation webpage, or on www.meetup.com, by searching for Des Moines Waterland Walking Group.



| Sunday | 11:00am |
|--------|---|
| Sep 16 | Meet at Des Moines Library |
| Oct 21 | Meet at Saltwater State Park, lower parking lot restrooms |
| Nov 18 | Meet at Des Moines Marina Fishing Pier |
| Dec 16 | Meet at Big Catch Pizza |

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, 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 in advance by calling Shawn Roberts, Seattle Theatre Group, 206-518-5232 or in person the first class at Des Moines Activity Center where the class is held.

| Adults | \$5 Suggested Donation | Activity Center |
|--------|------------------------|-----------------|
| Mon | Sep 10–Oct 22 | 2–3:30pm |

Senior Dance

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

| Sun | \$5 | Activity Center |
|--------|-------|-----------------|
| Sep 23 | 1–3pm | |
| Oct 21 | 1–3pm | |



Blue Print for Living

A series of workshops and presentations designed to enhance your independence. Presentations, free unless otherwise noted, are held at the Des Moines Activity Center. Register in advance by calling 206-878-1642.

NEW! Caregiver Support Group

In cooperation with Des Moines United Methodist Church and with funds from the King County Vets Levy, Des Moines Activity Center is hosting a weekly caregiver support group for local caregivers. Caregivers are welcome to bring their loved one with them for this group, as a volunteer will provide activities for them while the caregivers have their time to socialize and share. No registration necessary.

Thu Sep 6 and ongoing 2-3:30pm

Managing Your Medications

Has managing all your medications become a chore? Come learn easy and effective ways to manage, store, and keep track of all your medications. Get tips to reduce medication costs and identify possible problems that can put you at risk. Seniors use more medicines than any other age group, increasing the risk of drug interactions, mix-ups, and harmful side effects. Sign up to have a pharmacist review all your medications after the class.

Presented by Comfort Keepers – Sheila Goodfellow, CSA

| | | | |
|-----|--------|------|---------|
| Tue | Sep 11 | 10am | English |
| Thu | Oct 18 | 10am | Spanish |

Medication Reviews: 11am-1pm (must sign up)

Putting the Garden to Bed

Join the lively Bridget Kubes from the Learning Garden Truck for tips for your fall garden. Start thinking about planting for spring, composting, mulch, cleaning tools and cover crops. It's a wonderful time to enjoy the bounty of your garden harvest and prep the garden for a quieter time this winter and a bounty of blooms in the spring.

| | | | |
|-----|--------|------|---------|
| Wed | Sep 19 | 11am | English |
| Thu | Sep 20 | 11am | Spanish |



Aviation History – Meet Early Boeing Engineer, Nancy Breckenridge!

Come hear the fascinating experiences of one of Boeing's early female engineers, Nancy Breckenridge. Hear how Nancy went from a girdle buyer to a Boeing engineer who remodeled planes to make them

more efficient and comfortable. Get a personal, first-hand view of one of the pioneering women of Boeing.

Thu Sep 20 7pm

How to Leave Your Legacy: Estate Planning Basics and the Joy of Giving

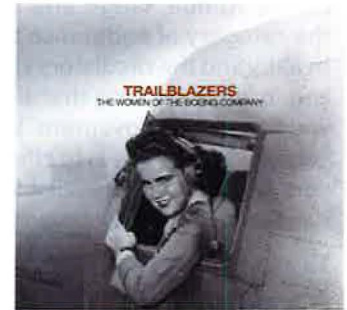
Enjoy an evening of poetry, laughter and law while learning how to leave your legacy. Local attorney, Brian Snure will present your options establishing your estate plan and supporting your community. We'll cover wills, trusts, probate, gifting strategies, bad jokes, good poetry and include time for questions. Brian Snure has been practicing law for 25 years (Snure Law Office, PSC, Marina District, Des Moines), serving the citizens of Des Moines since 1964.

Thu Sep 27 7pm

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. Must be 65 years of age for the Senior Reduce-Price ORCA card.

Age 65+ Wed Oct 17 12:45-2pm



ClearCaptions

ClearCaptions is a free phone captioning service that provides near real-time call captions of phone conversations for anyone hard-of-hearing or with any form of hearing loss. This free captioning service is provided by ClearCaptions and paid through a fund administered by the Federal Communications Commission (FCC) for anyone hard-of-hearing or with any form of hearing loss. There is no cost to qualified individuals whose hearing loss inhibits their phone use. Presenter: Mike Walker

Tue Nov 6 10:30am

Healing Loss and Being with Grief

Come and be in community, and support yourself when you feel like "you are not okay." We will create a safe zone for each other. Our culture does not help us when we suffer loss because after a short while, we are told to "get it together" and "be strong." You will learn why these feelings are so impossible. Sad isn't bad. Instructor: Jennifer Kropack, Heartwork Circles, Certified Facilitator

Tue Nov 27 3:30-4:30pm

Speaking of Dying – Film and Workshop

View a short film discussing how we can all have a better death and learn what's important about supporting a loved one who is dying. Get inspired to talk to your friends and family about your choices for medical treatment if you can no longer speak for yourself. It helps break the taboo in our culture of not talking about death. You'll create a resource binder including a legal Advanced Directive with safeguards. You'll learn to help your loved ones by speaking more comfortably about death and preparing plans that reflect your values. Then, in the following three workshop sessions, you will develop your. The workshop is limited to ten adults 50-years and older. In this workshop you will create a resource binder with articles, prepare meaningful legacies and a legal Advanced Directive with safeguards, help your loved ones by speaking more comfortably about death and contemplate your own mortality, reflecting on your values. Do your loved ones a huge favor by speaking openly about your wants before there is a health crisis. Instructor: Jennifer Kropack, Heartwork Circles, Certified Facilitator

| | | | |
|----------------|-------------|-------------|------------|
| Age 50+ | \$20 | | |
| Wed | Sep 18 | 1-2:30pm | Film |
| Tue | Oct 2 | 3:30-5:30pm | Workshop 1 |
| Tue | Oct 9 | 3:30-5:30pm | Workshop 2 |
| Tue | Oct 30 | 3:30-5:30pm | Workshop 3 |

DES MOINES LEGACY FOUNDATION'S 19TH ANNUAL



NOV. 4
SAVE THE DATE
9:30^{AM}-NOON

BAYSIDE
BRUNCH

JOIN US AS WE CELEBRATE



SUPERHEROES AND **SUPERVILLAINS**



AT ANTHONY'S HOMEPORT RESTAURANT
TO RAISE FUNDS FOR SENIORS AND KIDS

FOR MORE INFORMATION,
VISIT US AT
www.DMLegacy.org





Des
Moines
Legacy
Foundation

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

SENIOR OUTINGS

AGE 50+



Out to Lunch

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

| Fri | \$10 Transportation Fee | City |
|--------|-----------------------------|----------|
| Sep 14 | The Cliff House | Tacoma |
| Oct 12 | Bruno's European Restaurant | Lakewood |
| Nov 9 | Banyan Tree | Kent |
| Dec 14 | Lovino | Ruston |



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.

\$10 Transportation Fee

| | |
|---|-----------------------------------|
| Old Goat Farm, Orting | Lunch at Around the Corner |
| Fri Sep 7 9am \$5 tour fee | |
| Marenakos Rock Center, Preston | Lunch at Road House Inn |
| Fri Sep 21 9am | |
| Sea Salt Scrub Workshop, Activity Center | Lunch TBD |
| Fri Oct 12 10am \$25 class fee | |
| Watson's Nursery and Windmill Nursey, Puyallup | Lunch TBD |
| Fri Dec 7 9am | |

Golf Outings

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

\$10 Transportation Fee

| Mon | Course | | City |
|--------|--------------|------|------------|
| Sep 10 | Battle Creek | \$18 | Marysville |
| Sep 24 | Twin Rivers | \$20 | Fall City |
| Oct 8 | Mount Si | \$25 | Snoqualmie |

Day Trips

Explore the Northwest and leave the driving to us! Travel days vary.

Fort Nisqually Living History Museum, Seattle

Wed Sep 5 9:30am–3:30pm \$20

Seattlebetsuin Buddhist Temple, Seattle

Wed Sep 12 10am–3pm \$15

Amazon Spheres Tour, Seattle

Wed Sep 19 8:30am–3:30pm \$25

Michelangelo's Sistine Chapel Exhibit, Tacoma

Wed Sep 26 10:30am–4pm \$30

Issaquah Fish Hatchery, Issaquah

Wed Oct 3 11am–4pm \$15

Spoooner Farms Harvest Festival, Puyallup

Wed Oct 10 8:15am–2pm \$20

Bainbridge Island Art Museum, Bainbridge

Wed Oct 17 8am–4pm \$30

Tacoma Studio Glassblowing Class, Tacoma

Thu Oct 25 7:30am–2pm \$80

Nordic Museum, Ballard

Wed Nov 7 8:30am–4pm \$25

Nisqually Red Wind Casino, Olympia

Wed Nov 14 9am–4pm \$10

North Bend Outlet Mall, North Bend

Wed Nov 28 9am–4pm \$10

Sounds of the Season, Pantages, Tacoma

Sun Dec 2 1–5:30pm \$35

Enchanted Light Maze, Safeco Field, Seattle

Wed Dec 12 TBD \$45

The Lion King Musical, Paramount, Seattle

Sun Jan 6 11:30am–5pm \$90





CITY FACILITIES

| Parks & Recreation Offices | | Acreage | Facilities / Programs | | | | | | | | | | | | | | | | | | | | | |
|----------------------------|---|---------|-----------------------|------------|-----------|--------------|------------------|------------------------|---------------|----------------------|-------------------|--------------|-------|-------------|---------------------|---------|-----------|-----------------|-------|---------------|-----------------------|---------|------------------|--|
| Field House | Activity Center | | PLAY AREA | BALLFIELDS | RESTROOMS | PICNIC/CKING | BASKETBALL HOOPS | FISHING PIER/BOARDWALK | TENNIS COURTS | NATURAL AREAS/TRAILS | RECREATION CENTER | WALKING PATH | CREEK | SCENIC VIEW | BOAT HOORAGE/LAUNCH | PARKING | BICYCLING | FACILITY RENTAL | BEACH | SKATEBOARDING | ART / HISTORICAL SITE | SEATING | COMMUNITY GARDEN | |
| 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 Creek Trail Cross at S. 200th St. (SeaTac), 18th Ave. S. & 216th St. and 13th Ave. S. & S. 211th St. | 9.58 | | | | | | | | | | | | | | | | | | | | | | |
| 7 | Des Moines Marina 22307 Dock Ave. S. | 45 | | | | | | | | | | | | | | | | | | | | | | |
| 8 | Des Moines Memorial Park Marine View Dr. S. & Des Moines Memorial Dr. | 0.1 | | | | | | | | | | | | | | | | | | | | | | |
| 9 | Dr. Shirley B Gordon Park 2194 S 262nd Ct. | 0.86 | | | | | | | | | | | | | | | | | | | | | | |
| 10 | Field House Park/Community Center 1000 S. 220th St. | 5.2 | | | | | | | | | | | | | | | | | | | | | | |
| 11 | Kiddie / City Park S. 230th St. & 21st Ave. S. | 3.2 | | | | | | | | | | | | | | | | | | | | | | |
| 12 | Mary Gay Park 1616 South 223rd St. | 1.8 | | | | | | | | | | | | | | | | | | | | | | |
| 13 | Midway Park S. 221st & 29th Ave. S. | 1.6 | | | | | | | | | | | | | | | | | | | | | | |
| 14 | Overlook I Park Corner of S. 223rd & Cliff Ave. S. | 0.1 | | | | | | | | | | | | | | | | | | | | | | |
| 15 | Overlook II Park S. 222nd & 5th Ave. S. | 0.5 | | | | | | | | | | | | | | | | | | | | | | |
| 16 | Parkside Park S. 244th St. & 25th Ave. S. | 4.4 | | | | | | | | | | | | | | | | | | | | | | |
| 17 | Parkside Wetlands 248th St. & 26th Ave. | 14 | | | | | | | | | | | | | | | | | | | | | | |
| 18 | Redondo Pier, Boat Launch & Boardwalk Redondo Beach Dr. & Redondo Way | 2.79 | | | | | | | | | | | | | | | | | | | | | | |
| 19 | Sonju Park 24728 16th Ave. S. | 9.3 | | | | | | | | | | | | | | | | | | | | | | |
| 20 | South Marina Park NE corner of S. 227th & Dock Ave. S. | 0.8 | | | | | | | | | | | | | | | | | | | | | | |
| 21 | Steven J. Underwood Memorial Park 21800 20th Avenue South | 20.5 | | | | | | | | | | | | | | | | | | | | | | |
| 22 | Water Tower Park 208th between 5th & 6th | 1.34 | | | | | | | | | | | | | | | | | | | | | | |
| 23 | Westwood Park 6th Ave. S. & S. 192nd St. | 1.34 | | | | | | | | | | | | | | | | | | | | | | |
| 24 | Woodmont Park Woodmont Dr. S. & 12th Ave. S. | 8.7 | | | | | | | | | | | | | | | | | | | | | | |
| 25 | Woodson Park 28202 S. 9th Ave. | 2.3 | | | | | | | | | | | | | | | | | | | | | | |



CHANGE YOUR LIFE AND YOUR COMMUNITY

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

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

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

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

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

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

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

THE HYDE SHUTTLE Volunteers urgently needed to drive Sound Generations shuttles in Normandy Park and Des Moines assisting seniors and residents with disabilities. Safe and reliable transportation is needed for socialization, errands, appointments and recreational activities. Learn more by visiting www.soundgenerations.org/transportation

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.desmoineswa.gov/155/Parks-Recreation-Senior-Services
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.desmoineswa.gov/217/Senior-Services
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 or 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:

Program registration: www.desmoineswa.gov/dash
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/158/Forms-Documents

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 \$20 administrative fee, will be granted when requested a minimum of five business days prior to the program/course start date. 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 Susan Cezar, Acting Parks, Recreation and Senior Services Director.

HOLIDAY CLOSURES

Monday, September 3
Monday, November 12
Thursday, November 22
Friday, November 23
Tuesday, December 25
Tuesday, January 1

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/One-Hour Late Arrival:

All non-Club KHAOS (check parent packet for details) 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/Two-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 206-870-6527 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.

Poverty Bay Blues & Brews

SATURDAY, AUGUST 25 | 12-8pm

Great Blues music and craft breweries at the Beach Park. Ticket required.

www.drinktomusic.org,
www.dmnprotary.org



Arts Gala On Poverty Bay

FRIDAY, SEPTEMBER 21 ~ 6-9pm

Arts auction to benefit Des Moines Arts Commission's annual events. Ticket required. 206-870-6527, www.desmoineslegacy.org



Rodeo Roundup Rainbow Bingo

FRIDAY, OCTOBER 5 ~ 5-7pm

To support programs at the Activity Center. www.desmoineswa.gov

Seattle Symphony

THURSDAY, OCTOBER 18 ~ 7pm

Free community concert at the Beach Park Event Center Auditorium. www.desmoineswa.gov

DES MOINES FALL EVENTS

Trick-or-Treat Path & Halloween Carnival

WEDNESDAY, OCTOBER 31 ~

3-6pm & 5-8pm

Treats at Marina District businesses followed by a kids carnival at Des Moines Field House.

www.destinationdesmoines.org

Bayside Brunch

SUNDAY, NOVEMBER 4 ~ 9:30am

Champagne brunch, auction and raffles to support programs for youth and seniors. More info at: www.desmoineslegacy.org

Squid-A-Rama

SATURDAY, NOVEMBER 10 ~ 4-7pm

Community event featuring squid at Highline College's MaST Center at Redondo. www.desmoinesartscommission.com

Holiday Tree Lighting

FRIDAY, DECEMBER 7 ~ 6pm

Community event with cookies, hot cocoa, caroling and photos with Santa at Big Catch Plaza.

www.destinationdesmoines.org



Breakfast With Santa

SATURDAY, DECEMBER 8 ~ 9:15 & 10:45am

Enjoy breakfast with Santa in one of two seatings at the Activity Center.

www.desmoineswa.gov

Argosy Cruises Christmas Ship & Bonfire

THURSDAY, DECEMBER 13 ~

BONFIRE 7-8pm, CHOIR 7:20-7:40pm

Community bonfire and choirs singing from the Ship at Beach Park and Redondo. Ticket required for Christmas Ship seats. www.argosycruises.com

Middy Hurray

FRIDAY, DECEMBER 28 ~ 1pm

Ring in the New Year with music, dancing, food, friends and fun at the Activity Center. www.desmoineswa.gov

The Seattle Symphony in your neighborhood

FREE COMMUNITY CONCERT

THURSDAY, OCTOBER 18, 2018, at 7PM

DES MOINES BEACH PARK

Des Moines Beach Park Auditorium
22030 Cliff Ave S, Des Moines, WA 98198

Pablo Rus Broseta, conductor
Seth Parker Woods, cello
Seattle Symphony

SHOSTAKOVICH: Two Pieces for String Octet

REBECCA SAUNDERS: *Ire*

RAVEL: *Kaddish*

Cellist Seth Parker Woods joins the Seattle Symphony in a program full of color and drama. Experience Shostakovich's electrifying Two Pieces for String Octet, Ravel's interpretation of the Jewish mourning song *Kaddish*, and the remarkable exploration into new colors and expressivity in British composer Rebecca Saunders' *Ire*.

RSVP at seattlesymphony.org

SEATTLE SYMPHONY



NORMANDY PARK TOWNE CENTER



YOUR NEIGHBORHOOD, YOUR SHOPS

SHOPPING, LOCAL DINING * PROFESSIONAL SERVICES

GROCERY

Normandy Park Market

DINING

Normandy Park
Ale House

Papa John's

Rose Pho

Sweetie's Espresso

Subway

RETAIL

Ace Hardware

Freedom Snacks

T-Mobile

HEALTH & BEAUTY

BK Nails

Desert Sun

Mia Bella Salon

Normandy Park
Athletic Club

SERVICES

Auntie's Playhouse

B-Town Eyecare

Highline Counseling

International Freight

Marina Medical

Normandy Park
Executive Center

Pier View Chiropractors

Priceless Pet Clinic

Soggy Doggy

