

# DES MOINES

Fall 2022

CITY CURRENTS

*Des Moines  
Welcomes the  
Chilkat Express!*

SEE PAGE 5

**Des Moines  
Historical  
Society  
Wants You!**

SEE PAGE 14

**Fall Parks  
& Recreation  
Programs**

SEE PAGE 16



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# What we did over summer vacation



Washington Office of Superintendent of  
**PUBLIC INSTRUCTION**

**A \$90,000 GRANT** through the Office of Superintendent of Public Instruction allowed us to offer more than \$50,000 in free swim lessons to kids ages 4-14 adversely impacted by the COVID-19 pandemic.

To reduce financial barriers to swimming for disadvantaged youth, we provided more than 150 students with free swim packets that included a swimsuit, goggles, bag, and towel.

Coupled with additional scholarship funds, we provided more than 770 swim lessons for patrons ages 6 months to adult.



**OUR GIANT** rubber duck and lifeguards delighted young and old at the Waterland Junior and Grand parades. We also made appearances at the Waterfront Farmers Market, Pirates Cove, and Bounce-a-Palooza.



King County

**PARKS**

**FOCUSING ON** diversity, inclusion, and equity, the pool district is using a \$100,000 King County Youth and Amateur Sports grant to explore modifications and modernizations to Mount Rainier Pool that will maximize our swim lesson capacity.

And thanks to an additional \$5,000 grant, more than 20 kids advanced their swimming skills this summer through our Swim Club and trained to become lifeguards through our Lifeguard Prep program.



**WE GAVE** away almost 1,500 rubber ducks on Opening Day of the Des Moines Waterfront Farmers Market to promote kids' swimming.

**THANKS TO** a generous \$10,000 grant from the Des Moines Legacy Foundation, we found and trained 28 new lifeguards and swim instructors. The grant allowed us to waive the \$250 certification fees.

## What's Next?

Sign up for our email notification list so you'll be first to know about new programming.

**SUBSCRIBE**



SCAN TO GET UPDATES\* FIRST  
*\*On swim lessons, schedule changes, and other information*



**Des Moines Pool Metropolitan Park District**

Operators of Mount Rainier Pool

www.MtRainierPool.com • 206.824.4722 • 22722 19<sup>th</sup> Ave S, Des Moines



# Rec'n Roll

Staff is committed to providing recreational programming to the community, with the goal to safely and intentionally bring back these services. The uncertainty of the past year and a half has been difficult for

everyone and we know that quality programs are vital to the community and our youth. Please check out pages 16-23 of this issue on current programs and classes being offered through Parks, Recreation & Senior Services.

Please check the City's website at [www.desmoineswa.gov](http://www.desmoineswa.gov) for the latest information related to events and programs.



## Fall 2022

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## VOLUNTEER COACHES NEEDED



Can you make a difference in the life of a young athlete? The answer is YES!

Join us in making our Youth Sports Leagues a meaningful experience for all. If you are interested in coaching, contact us for more info!

You Have WHAT IT TAKES

- 2-4 hours per week during the season
- All supplies, schedules, facilities, and practice curriculum are provided
- There is one mandatory informational Coaches Meeting per season
- Practice schedules are flexible, we work with you and your team to find a time that is good for everyone
- We focus on player growth as a whole, on and off the field or court!

Call the Field House for more information: 206-870-6527

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# Council Highlights

## CITY COUNCIL HIGHLIGHTS FROM MAY–AUGUST ORDINANCE 1757–1759, RESOLUTION 1442–1444

### Approved the Following Action:

- Sound View Park Budget Amendments
- Sexual Assault Awareness Month Proclamation
- Public Defender Contract Amendment
- Arterial Street Pavement Preservation (Redondo Overlay Project) Permanent Sidewalk Easement
- Limits on Multi-Day Parking on Public Streets within the City of Des Moines
- South King County Community Impact Fund Update – Port of Seattle
- 2022-2023 On-Call General Civil Engineering Services: Parametrix Task Assignment 2022-03 Stormwater Management Action Planning
- Acceptance of 2022 WCIA Risk Reduction Grant Award
- State of Washington Department of Ecology 2021-2023 Water Quality Stormwater Capacity Grant Agreement
- Passenger Ferry Pilot Test
- Federal Way Link Extension Kent Des Moines Station Name
- Mental Health Awareness Month Proclamation
- Affordable Housing Week Proclamation
- South Sound Boating Season Opening Day Proclamation
- Des Moines Municipal Court and Federal Way Municipal Court Interlocal Agreement for Sharing of Peer Support Services
- Port of Seattle Economic Development Grant
- Settlement Agreement and Release: Des Moines Legacy Foundation
- Lodging Tax Advisory Committee Appointments: Dennis Galloway, Emmie Crespo, and Doug Myers
- Start Time for City Council Meetings, Ordinance No. 1757
- 2022 Overlay Program: Public Works Construction Contract Award and 2022-2023 On-Call Consultant Agreement for Construction Administration and Inspection Services
- Des Moines Memorial Drive Pipe Project: 2022-2023 Consultant On-Call Agreement for Engineering Services (South 208th Street to South 212th Street)
- North Fork McSorley Creek Diversion Project: Public Works Construction Contract Award and 2022-2023 On-Call Consultant Agreements for Construction Administration and Inspection Services

## DES MOINES CITY COUNCIL



**Matt Mahoney**  
Mayor



**Traci Buxton**  
Deputy Mayor



**Gene Achziger**  
Councilmember



**JC Harris**  
Councilmember



**Jeremy Nutting**  
Councilmember



**Vic Pennington**  
Councilmember



**Harry Steinmetz**  
Councilmember

**City Council meets**  
**1<sup>st</sup>, 2<sup>nd</sup> and 4<sup>th</sup>**  
**Thursdays of the**  
**month at 6:00pm**  
*Subject to change*

- 24th Avenue S Improvements Project: Kent Des Moines Road (SR 516) to S 223rd Street: 2022-2023 On-Call General Civil Engineering Services: Parametrix Task Assignment 2022-02 for Right-of-Way Acquisition Services
- One Washington Memorandum of Understanding
- Comprehensive Emergency Management Plan, Resolution No. 1442
- Contract for Senior Services
- Animal Control and Shelter Services Agreement and Police Guild MOU
- 2022 Des Moines Farmers Market Agreement
- Disposal of Abandoned Vessels within the Des Moines Marina, Resolution No. 1443
- Interlocal Agreement between the Cities of SeaTac, Des Moines, Covington, and Tukwila for Planning, Funding, and Implementation of a Joint Minor Home Repair Program
- Aquatic Lands Lease Agreement Between the City of Des Moines and the State of Washington Department of Natural Resources
- South 216th Street Segment 3 Project: PSE Schedule 74 Utility Undergrounding Agreement Reconciliation
- AHBL Consultant Services Contract – Housing Action Plan



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**in the *Seattle Metropolitan Magazine***



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—continued on Page 6



## From the Mayor



By Mayor  
**Matt Mahoney**

**R**ecently, I was honored to ride the inaugural passenger ferry to Seattle and back. Several days prior, I had gone and easily secured tickets for my wife, Bev and I, for that first run.

Along with the other passengers, we waited anxiously for the boat to arrive, braving the thunder and lightning strikes off in the distance. I had just provided interviews to several local news channels when suddenly there she was, the *Chilkat Express*, a clean and sharp looking vessel named for the proud Alaskan people. The ship's captain confidently maneuvered the boat into its docking position. Friendly greetings from Marina staff, a check off of our names and we boarded the boat. The captain gave a quick briefing, I said a few words and we were on our way without hesitation.

As we pulled out of the Des Moines Marina, smooth and confident, I saw this boat full of passengers much like our City and its future, loaded with hope and excitement. We were finally launching what had been the conclusion of many years of "what if" conversations and dreams. The ridership was on its way toward a new adventure, a grand journey on a sturdy vessel, and so is our City.

Quickly the *Chilkat Express* gained speed and within minutes was blazing along at around 30 knots. Other vessels along the same route seemed to stand still as we quickly passed by. Many of us peered out of the stern and marveled at the small

wake left behind. I thought to myself that this experience is going to be much like our community's path over the next few years; quick, changing and ever moving forward toward our destination.

The journey to get here and reach this speed has been a long time coming. Residents and leaders in this community have planned out a course for our City to realize its potential, at the Marina, Business Park, in the downtown corridor, along sound transit routes, parks, Redondo and our neighborhoods. As a city, we had battled fiscal issues, restructuring, furloughs, pandemics, naysayers and so many other obstacles that counting them seemed fruitless. We must gratefully acknowledge that a critical component in moving our City forward has been the remarkable staff that work at our City, able to accomplish things like the provision of passenger ferry service. Yet here we are, moving expeditiously on our way to Seattle and our future, captained in a calculated, quick, and focused manner toward that future.

We quickly passed Three Tree Point, Fautleroy and the Lighthouse at Alki Point. This voyage represented so many things to me. Even the dynamic that the ferry was visible above the water line but so much was also occurring to propel the boat and hidden from view below the water. That is exactly how our City functions. Much is visible but the dynamic to achieve success and the actions necessary for this are often hidden from view. To me these represented points in our journey;

creating a sustainable and responsible financial environment, obtaining a superior credit rating, and having strong leadership to plot out our course.

We rounded the corner and the Seattle skyline met us. I see our future as we move toward becoming a vibrant community waterfront. As we pulled into Bell Harbor, quickly, efficiently and determined we moored alongside the dock. Most of our ridership disembarked and were off to their adventures.

I stayed aboard and greeted the passengers joining us for the return voyage. Many tourists, excited to visit our City, asked many questions about their destination. Where to eat? What to do? Bicycle routes? I was happy to answer their questions and offer suggestions. It reaffirmed my thoughts on the benefits and business opportunity that passenger ferry service can bring to Des Moines.

Quickly we embarked for the journey back.

As before, our vessel quickly obtained cruising speed and we were on our way. Our visitors were excited and marveled at the fleet footedness of our craft. Yes, we were on a sleek and determined ride. Des Moines in on such a ride too! We are already seeing change all over our community with construction downtown, at the business park, senior living centers, the Marina and up on International Boulevard. It made me proud to know our community is strong and embraces our future path.

The boat navigated the return trip signaling its triumphant return with the blast of her horn. The ship pulled into the Marina and with great agility the skipper again moored the boat soft and safely to the dock. Our destination met.

We happily strolled along the dock passing the next group ready and busting with excitement for their journey. I reveled about the amazing journey I had just taken and thought to myself that our City is on its way. Our future is bright. Yes, today was new beginning for all Des Moines!

*Matt Mahoney*  
Mayor, Des Moines, Washington

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Our vessel quickly obtained cruising speed and we were on our way. Our visitors were excited and marveled at the fleet-footedness of our craft. We were on a sleek and determined ride...

*Des Moines is on such a ride too!*

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## Council Highlights, *continued*

- Lesbian, Gay, Bisexual, Transgender, Questioning Pride Month Proclamation
- Juneteenth Proclamation
- National Pollution Discharge Elimination System Source Control Best Management Practices, Ordinance No. 1758
- Passenger Ferry Pilot Test Implementation
- Reduction of Speed Limit on Pacific Highway South, Ordinance No. 1759
- City Council Rules Update Process
- Childhood Cancer Awareness Month Proclamation
- Memorandum of Understanding with the City of Algona, King County, and the Public Defender Associations Regarding Formation of a Law Enforcement Assisted Diversion
- Public Health Seattle & King County Federal Sub-Award Agreement for Woodmont Creek Basin Survey
- Senior Services Advisory Committee Appointments: Pedro Nzola and Aileen Evans
- Lodging Tax Advisory Committee and Spending Recommendations
- 2022 Summer Waterland Events: Agreement with Destination Des Moines
- Acceptance of Vehicle from 2021 and 2022 WASPC Mental Health Field Response Team Grant
- Barnes Creek/Kent Des Moines Road Culvert Project Agreement GCB 3395, Amendment No. 1 with Washington State Department of Transportation
- Kent Des Moines Road and 16th Avenue South Pipe Project: 2022-2023 Consultant On-Call Agreement for Engineering Services
- North Fork McSorley Creek Diversion Project: Construction Contingency Increase

### Held the Following Public Hearings:

- Public Hearing for the 216th Townhome Modified Preliminary Subdivision Application, LUA2021-003
- 2023-2024 Transportation Improvement Plan, Resolution No. 1444



DES MOINES PARKS & RECREATION PRESENTS

# HALLOWEEN MOVIE NIGHT

October 28, 6 PM at the Field House Gym

Follow us on Facebook to vote on which movie to screen!

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

## BE THERE OR BE SCARED

## DES MOINES DIRECTORY

### City Hall

21630 11th Avenue S  
(206) 878-4595

### Business Hours

Monday–Friday  
8:00am–4:30pm

[www.desmoineswa.gov](http://www.desmoineswa.gov)



### City Council

Matt Mahoney, Mayor	MMahoney@desmoineswa.gov
Traci Buxton, Deputy Mayor	TBuxton@desmoineswa.gov
Gene Achziger	GAchziger@desmoineswa.gov
JC Harris	JCHarris@desmoineswa.gov
Jeremy Nutting	JNutting@desmoineswa.gov
Vic Pennington	VPennington@desmoineswa.gov
Harry Steinmetz	HSteinmetz@desmoineswa.gov

### City Offices

City Attorney	(206) 870-6553
City Clerk	(206) 870-6552
City Manager	(206) 870-6519
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) 870-6527
Fire (non-emergency)	(253) 839-6234
Library, Des Moines	(206) 824-6066
Library, Woodmont	(253) 839-0121
Police Dispatch (non-emergency)	(206) 878-2121

### Utilities and Services

Century Link	(800) 573-1311
CleanScapes	(206) 762-4900
Comcast	(877) 778-7008
Highline Water District	(206) 824-0375
Lakehaven 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

### CALL BEFORE YOU DIG:

Utility Locates	(800) 424-5555
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**DES MOINES**  
CITY CURRENTS

Des Moines City Currents  
is published by  
Colibri Northwest  
for the City of Des Moines

 **COLIBRI Northwest**

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# EMERGE

## DES MOINES

**GETTING BACK** to normal is the prescription as the pandemic wanes. And local civic groups and volunteers are leading the way.

We've been blessed with citizens who work for their community out of love, not a paycheck.

This summer, the Des Moines Legacy Foundation created Pirates' Cove in collaboration with Red Robin and Des Moines Drug. It featured a petting zoo and arts and crafts activities at Destination Des Moines' annual Waterland Festival.

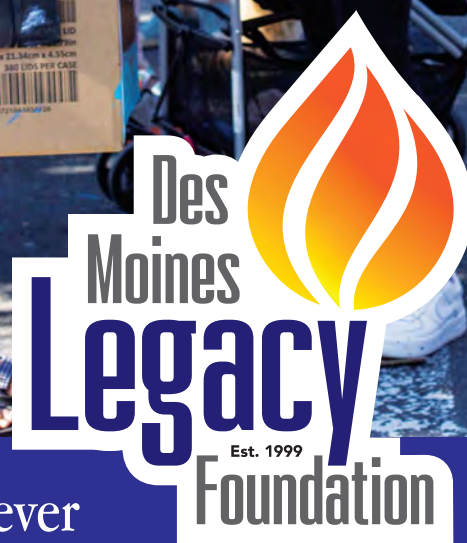
Kids delighted in building their floats for marching up Marine View Drive in the annual Waterland Kids' Parade.

Thanks to a collaboration with Wesley Homes residents and the Des Moines Yacht Club, kids could decorate their toy wooden hydroplanes just in time for Seafair.

And the free Bounce-a-poolza event at Beach Park attracted thousands of kids.

Legacy also recognizes that, here particularly, swimming is an essential life skill. So we teamed up with Mount Rainier Pool to train lifeguards and swim instructors so kids can be safe and enjoy the water.

COVID-19 severely impacted our lives. A HUGE shout-out to our civic groups helping us heal.



We're coming back stronger than ever

# Des Moines Marina North Bulkhead & Restroom Replacement Project

**T**he construction of the Marina North Bulkhead & Restroom building is progressing closer to the finish line. With remarkable efforts, the City and the contractor have poured the last section of the Bulkhead concrete cap and safely enclosed the entire North Marina Parking Lot limits. This was truly the most significant milestone of the project. The contractor will accelerate construction of the new restroom facility, sidewalks, urban design amenities, landscaping, and resurfacing the North Marina Parking Lot for completion before the end of 2022.

Vehicular and pedestrian access will continue to be maintained to the greatest extent feasible around the construction site. The fishing pier is anticipated to remain open, with closures occurring as needed. City staff is excited to share the new infrastructure with the residents of Des Moines. In the meantime, we appreciate the patience and continued support from the community.

**If you have any questions, contact the City project manager Khai Le at 206-870-6537.**



**SQUID A-RAMA! 2022**

**NOVEMBER 12  
4PM- 7PM**

**MAST CENTER AND  
AQUARIUM**



# MARINA REDEVELOPMENT COMMUNITY MEETING

SEPTEMBER 27, 2022

5-7PM

SENIOR ACTIVITY CENTER,  
2045 S 216TH ST

Much has been accomplished over the last 4 years as we have worked together to move forward with redevelopment of the Marina. The City's consultant, Skylab, has done a stellar job at capturing community input and feedback on redevelopment of the Marina, from our charrette in 2017 on the Argosy Boat, to our visioning meeting at the Yacht Club in 2019, and in numerous presentations and discussions with the City Council.

On September 27, the City will host a community meeting to provide an update on the Marina Steps and associated development.

**Hope to see you there!**

# Zenith Holland Nursery & Gifts

Open Daily 9am-7pm

Starting October 6: Open Daily 9am-6pm

**Pumpkins and Halloween Shop**

**Blooming Perennials    Indoor & Outdoor Pottery**

**Garden Art & Statuary    Gift Certificates**

**Home Décor    Houseplants**

**Gift Shop**



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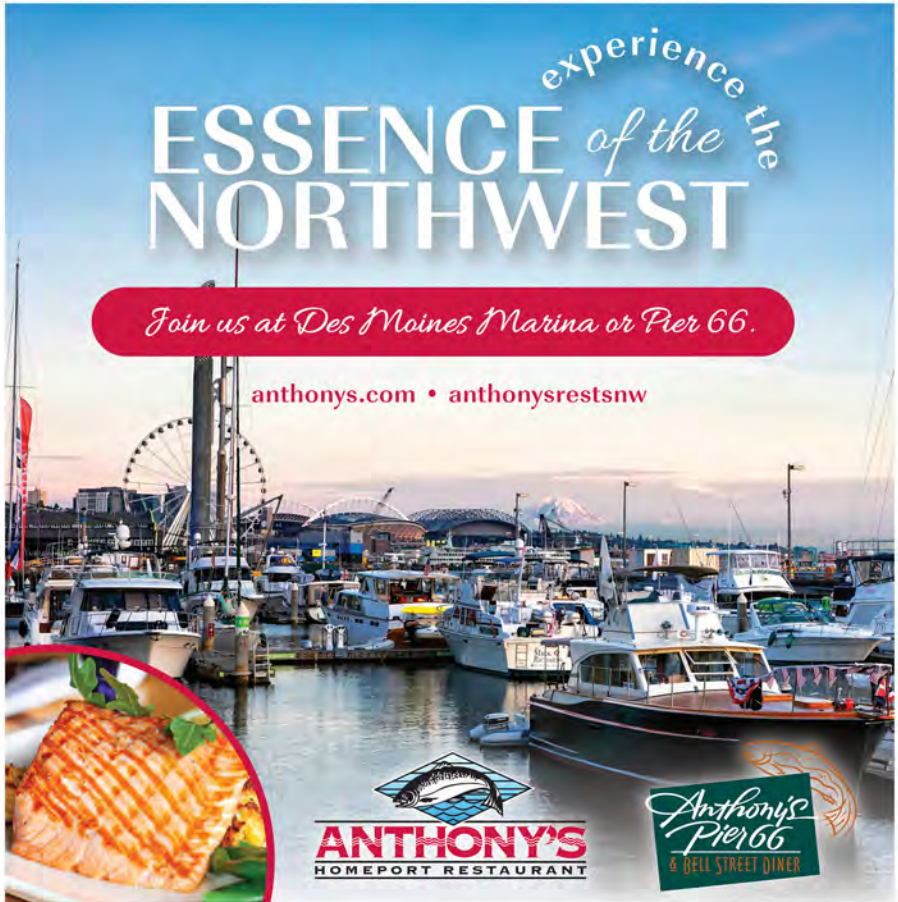
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info@zenithholland.com • www.zenithholland.com • 206-878-7002



# ESSENCE *of the* NORTHWEST

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# *Ride the Boat!*

This summer you can ride a **fast ferry** between  
**Des Moines Marina and Seattle's Bell Harbor at Pier 66.**

Take a scenic 40 minute trip aboard the Chilkat Express and cruise the Puget Sound. Visit the Des Moines Saturday Farmers Market, walk the historic Des Moines Beach Park and have lunch at one of our local restaurants. From Seattle's Bell Harbor Marina you can stroll the Waterfront and visit the Aquarium, Great Wheel and Pike Place Market. Or just ride the boat and enjoy the view!

- » August 10–October 9
- » Four round trips a day, Wednesday–Sunday
- » Boat leaves Des Moines Marina at 10am, 12pm, 2pm, 4pm
- » Boat leaves Seattle at 11am, 1pm, 3pm, 5pm



LEARN MORE:  
[DesMoinesWA.gov/  
ridetheboat](https://DesMoinesWA.gov/ridetheboat)





**Downtown Des Moines Visitor Map**  
Summer 2022

Restaurants and Cafes	
2	Taco Time
6	Anthony's Home Port
9	Red Robin
11	Marden's Kitchen
12	Jack in the Box
13	Via Marina
17	Waka's Restaurant
23	Auntie Anne's
24	New Tokyo Teriyaki
24	Adena Pizzeria & Pasta

Restaurants and Cafes	
28	Crescent Soul
34	Tea Cup
40	Dragon Cafe Restaurant
43	All Star Sports Bar
44	Des Moines Doughhouse
49	Lighthouse Lounge
57	Arctura Mexican Restaurant
79	Mezze the Dough-Nut
82	Jacks Country Restaurant
85	Albany Jr. Mezzan Food

Restaurants and Cafes	
86	Drive Through Espresso
90	Pho Dinh Vietnamese Cuisine
92	Anchor Espresso and Lounge
93	Tuscany Restaurant & Lounge
94	Des Moines Creek
94	Kahana Japanese Restaurant
103	One Des Moines Thai Cuisine
104	T&D Coffee House
105	Sweet D'Licious
110	Quarter Dock
114	Cubano On Wheels
115	Weerside Bistro

Services and Shops	
1	SR3
3	7-11
4	Des Moines Drug
5	Des Moines Yacht Club
7	Bank of America
10	CV Marina
14	Nature View
15	Veterinary Hospital
16	Quick Remodel
18	Message Center
19	Be Attitudes Salon
19	Terma DeLoren
19	Marina Market & Deli
20	Village Frame & Gallery
21	Florida
22	R&E Meats
25	Luxuria Nails
27	Marina Mercantile
29	Des Moines Historical Society Museum
30	Terma DeLoren
30	Independent Center of Odd Fellows Hall
31	Furniture's Friends
32	Salon Eclipse
33	Castaway Treasures

Services and Shops	
35	Salon Timmy
36	ABC Grocery
37	Kingdom Kutz
38	Marina Inn
39	Pretty Halls
41	EC Computers Inc
42	In Retro
45	Waterland Cosplay
45	Profilic Hair Design
47	Sheer Salon
48	Chase Bank
50	Reasons Edge Barber Shop
51	Alivia Spa
52	Ascension Wellness
53	Kimberly Exquisite Jewelry
54	Print Place
55	Serenity Salon & Day Spa
56	Carnegie Country Outlets
58	Pauline's Nail Spa
59	Karuna Arts Yoga
60	The Taj Zone
61	Resjive Acupuncture
64	Des Moines Marina
65	CSI Marine Boatyard
66	Wells Fargo Bank
67	Key Bank
68	Union 76 Gas
69	Marina View Massage

Services and Shops	
70	Salon Villa
71	Larry's Barber Shop
72	Waterland Wellness Massage
73	The Cleaners
74	Sukha Healing Arts Center
75	Naturopathic Medicine
76	Best in Show Pet Salon
80	Salon Michelle
81	All Points Tann
83	Fresh Lock Hair Salon
84	Freedom Snacks
87	Des Moines Nails
88	Hughesville Landscromat Center
89	Northwest Cleaners
91	Dollar Tree
96	A New Look 4 U
97	Margo's Hair Design
98	La Bonita Beauty and Nail Supply
99	Des Moines Smoke Shop
100	Des Moines Vision Center
101	Shell Station
102	Ranger Tugs
106	Saturday Market (Jun-Sept)
107	Smart Cutz
108	The Legion of Barbers
109	A New Creation Hair Design
111	Shiva Yoga
112	Oriskany Massage Spas
113	Local Roots Ink

Parks and Recreation	
6	South Marina Park
63	Overlook I
63	Sound View and Overlook II
76	Des Moines Beach Park
77	Des Moines Creek Trail
95	Big Catch Plaza




**DES MOINES**  
CITY CURRENTS

Services and Activities at THE BRAC and Park & Recreation Summer Programs

# SUPPORT DES MOINES

Looking to advertise?  
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[katie@colibrinw.com](mailto:katie@colibrinw.com)



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# Housing Repair Assistance Program

**T**he City of Des Moines is once again providing minor home repair services to City resident homeowners who have “extremely low” to “low” incomes based on U.S. Department of Housing and Urban Development (HUD) income guidelines. This is done by providing free repair services to improve the health and safety of our residents as they live in their homes. Funding for this program is provided by a Community Development Block Grant through King County. Services provided include but are not limited to:

**Electrical** – faulty lights, switches, plugs, circuits or exhaust fans

**Plumbing** – faulty toilets, clogged drains, leaking faucets, faulty water heaters

**Disability Aids** – installation of grab bars, hand rails, hand held showerheads, bath seats, high toilets, access ramps and application of non-skid surfaces

**Safety** – installation of smoke alarms, security/safety lights, carbon monoxide alarms and locksets

**Other** – faulty furnaces, faulty gutters and roof leaks, broken window glass panes

## How do I qualify for these free services?

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

## How do I apply?

To apply for this program please follow these directions:

1. Request an application by email at [thickey@desmoineswa.gov](mailto:thickey@desmoineswa.gov) or by calling (206) 870-6535
2. 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.



# PREPARED, NOT SCARED



**Week 1: Sept 1-7**  
Save Early for Disaster Costs

**Week 2: Sept 8-14**  
Make a Plan to Prepare for Disasters

**Week 3: Sept 15-21**  
Teach Youth to Prepare for Disasters

**Week 4: Sept 22-30**  
Get Involved in Your Community’s Preparedness

**September is National Preparedness Month!**

**The life you’ve built is worth protecting. Prepare for disasters to create a lasting legacy for you and your family. Visit [Ready.gov](http://Ready.gov) for more ways to prepare.**

# Redondo Fishing Pier & Restroom Replacement Project Update

**The design of the Redondo Fishing Pier & Restroom Replacement project is currently underway.**

Initial engineering design efforts are complete and environmental permit applications have been submitted to state and federal agencies. While challenges remain, specifically with federal environmental review, the City is hopeful that construction may begin in 2023. In the meantime, the fishing pier facility will remain close due to the current condition.

For more information please contact Ben Stryker at [bstryker@desmoineswa.gov](mailto:bstryker@desmoineswa.gov) or (206) 870-6523.

## MEET GENO AND TONY ROSSO. THEY'D LIKE TO BURY SOME THINGS IN YOUR YARD.



Geno and Tony are the third generation in the family business. And a dirty business it is at their 1.5 acres, E. Marginal Way S. location full of gorgeous garden plants. Fall is a great time to get new plants in the ground to set strong roots over our cool wet winters. Take advantage of our large fall plants inventory: fruit trees, trees for color and hardy perennials.

**ROSSO NURSERY & GARDEN**  
 12525 East Marginal Way S. Tukwila, WA 98168  
 Mon-Fri 8am-5pm • Sat-Sun 10am-5pm  
[rossogardens@gmail.com](mailto:rossogardens@gmail.com)  
 (206) 763-1888



# 30% OFF

Mention *City Currents* and get 30% off all purchases over \$50.

Exclusions apply. Cannot be combined with other offers. Expires 11/13/2022.



## BEACH PARK EVENT CENTER Your Day, Your Creation



[WWW.BEACHPARKEVENTCENTER.COM](http://WWW.BEACHPARKEVENTCENTER.COM)



## The Des Moines Historical Society Wants You!

After two long years, the Des Moines Historic Society is reawaking. We are looking for volunteers to help bring our local museum back to our community. We are looking for diverse board members, someone proficient in QuickBooks, and docents. Whether you want to volunteer a few hours a month or make it a second career, we can accommodate you.

- Do you have a passion for Des Moines and its history?
- Do you want to bring more visitors to Des Moines?
- Do you have connections and resources?
- Are you a strategic thinker?

If you are interested, the Des Moines Historic Society invites you to an open house on Saturday, September 24 between noon and 4 pm at our museum at 730 South 225th Street, just west of the Des Moines Theater. You can see our exhibits and have your questions about helping the Des Moines Historic Society answered. Until then, questions may be directed to [info@dmhs.org](mailto:info@dmhs.org). We look forward to seeing you!

## Public Works Superintendent Retires After 19 Years

Please join in extending best wishes to John Blackburn,

who is retiring from the City of Des Moines on August 31st after 19 years of devoted public service as the Public Works Superintendent. He began his career as the Parks Maintenance Lead in 2003 and quickly moved into leadership roles in 2008. Among all of the operations and maintenance of public spaces; the completion of Steven J Underwood Memorial Park, landscaping and public art installation, unifying the various public works crews, and participating in emergency management and response have been John's highlights. He has also ensured successful transition planning and will be followed by Adam O'Donnell who began at the City in 2007. John will be missed, but this new chapter is well deserved.



### SERVE YOUR COMMUNITY AS A LIFEGUARD

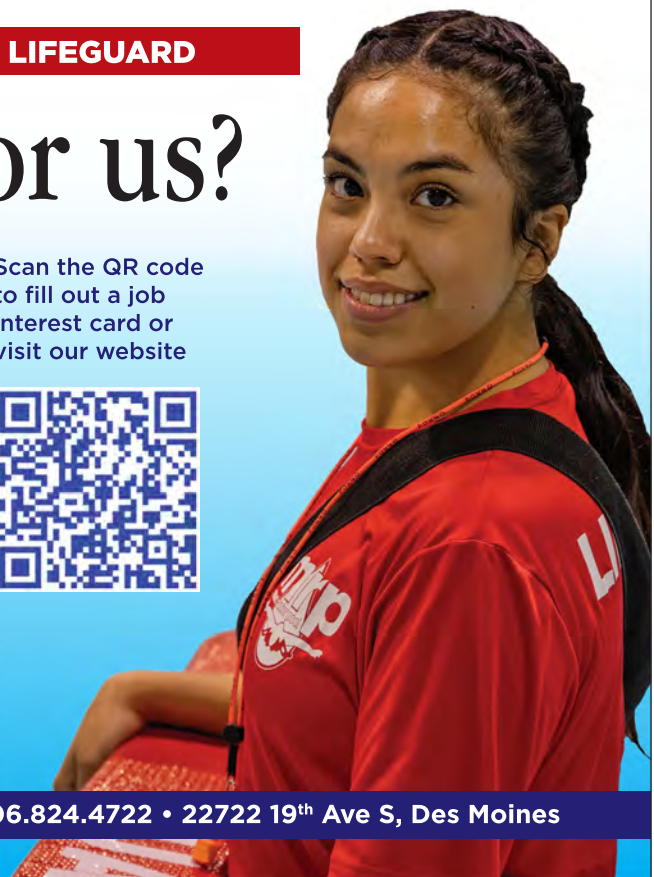
# Why work for us?

- **COMPETITIVE PAY**  
*\$16-\$19.47 per hour (under review)*
- **FLEXIBLE SCHEDULE**  
*Works great for students*
- **GREAT WORK ATMOSPHERE**  
*Make lifelong friends*
- **FREE TRAINING\***  
*Acquire valuable certifications*
- **GREAT RESUME BUILDER**  
*Meaningful work experience*

Scan the QR code to fill out a job interest card or visit our website



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# DES MOINES PARKS & RECREATION



## YOUTH SPORTS SKILL-BASED PROGRAMS

Skyhawks Sports Academy provides sports programs where children discover and develop athletic skills and social values, such as teamwork, respect and sportsmanship. We offer children a positive sports experience while promoting a healthy, active lifestyle.

FALL 2022

### BASKETBALL

This fun, skill-intensive program is designed for beginning to intermediate players. Using our progressional curriculum, we focus on the whole player -teaching sportsmanship and teamwork. Boys and girls will learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based instruction and small-sided scrimmages.

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
SSA145564	9/19 - 10/10	Mon	5:00 p.m. - 5:45 p.m.	4-7	\$65	Field House Park - gym
SSA145565	9/19 - 10/10	Mon	6:00 p.m. - 6:45 p.m.	8-12	\$65	Field House Park - gym
SSA145566	10/24 - 11/21*	Mon	5:00 p.m. - 5:45 p.m.	4-7	\$65	Field House Park - gym
SSA145567	10/24 - 11/21*	Mon	6:00 p.m. - 6:45 p.m.	8-12	\$65	Field House Park - gym

**\*No Class 10/31**

### TENNIS

Whether your child is a beginning or intermediate player, this program will improve their game and help them get more enjoyment from tennis. Our tennis programs focus on skill refinement as well as practice and match play to develop consistent, well-rounded tennis players.

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
SSA145570	9/24 - 10/15	Sat	10:00 a.m. - 10:45 a.m.	4-7	\$65	Field House Park
SSA145569	9/24 - 10/15	Sat	11:00 a.m. - 11:45 a.m.	8-12	\$65	Field House Park

“My son had a GREAT experience at a Skyhawks basketball program!  
He was excited and invested in his time there and got a lot of playing/practice time!”

~Daphnie H.



SPACE IS LIMITED!  
**REGISTER TODAY** >>>

Online:  
skyhawks.com

Phone:  
800.804.3509

# RECREATION CLASSES & PROGRAMS

## YOUTH PROGRAMS

### Club KHAOS: Kids Having An Outrageous School Year!

Our energetic and dedicated staff will ease you and your kids into an outrageous school year filled with fun, friendships and enriching experiences to stimulate their imagination, spark their learning skills and develop healthy habits with K-Fi! Students will be bussed from Des Moines, North Hill, Marvista, Midway, and Parkside Elementary Schools to the Des Moines Field House, where they will be welcomed into the activities of the afternoon! Participants must be picked up at the Field House before 6 pm or late pickup fees will apply. Pre-Registration is required, 3-5 day options available, you choose the days. Registration opens for upcoming month on the 20th, closes each week Monday at 8am. Call 206-870-6527 for more information.

#### Prices (Resident/Non-Resident)

One Time Registration Fee: \$30/\$35  
 Daily Rate; \$20/\$25  
 Late Registration Fee: \$25 OR \$1/minute until picked up\*  
 Late Pickup Fee: \$1/minute

#### No Program Days\*\*:

September 5th (Labor Day)  
 October 14th (Collaborative Teacher Work Day)  
 November 11th (Veterans Day)  
 November 21st-23rd (Conferences)  
 November 24th-25th (Thanksgiving)  
 December 19th-Jan 2nd (Winter Break)

*\*If an unregistered student arrives at the Field House via bus for Club KHAOS, parents/emergency contacts will be notified immediately by phone and subject to a \$25 late registration fee in addition to the price of registering for the week, OR \$1 per minute until that student is picked up from the Field House*

*\*\*Program Dates & Times Subject to Change due to School District Schedules*



## YOUTH LEAGUES

### Basketball

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

#### Season

Mid-November 2022 to mid-March 2023

#### Practices

Scheduled one weekday evening per week at local schools & Field House Gym starting Dec 5th

#### Games

Played on Saturdays at local school sites and Field House Gym starting Jan 7th

#### Co-ed Youth Division on 8-foot baskets

Kindergarten  
 1st-2nd Grade

#### Youth Recreation Divisions on 10-foot baskets

##### Boys Division

Grades 3-4  
 Grades 5-6

##### Girls Division

Grades 3-4  
 Grades 5-6

#### Registration Dates

August 17th-November 10th

#### R/NR

\$105/\$125

## SKYHAWKS SPORTS ACADEMY

### Basketball

Using our progression curriculum and focusing on the whole player, we teach your child the skills they need for both in and out of the game to be a better athlete. Our sport specific staff will focus on respect, teamwork and responsibility as they will start each day with a 'skill of the day', and progress into drills and games making for an unforgettable camp experience for your young athlete. For more program specific information, visit [www.skyhawks.com](http://www.skyhawks.com)!

Basketball	Ages	Time	Price
Sept 19-Oct 10	4-7	5-5:45 pm	\$65
Sept 19-Oct 10	8-12	6-6:45 pm	\$65
Oct 24-Nov 21	4-7	5-5:45 pm	\$65
Oct 24-Nov 21	8-12	6-6:45 pm	\$65
Tennis	Ages	Time	Price
Sept 24-Oct 15	4-7	10-10:45am	\$65
Sept 24-Oct 15	8-12	11-11:45am	\$65





## DANCE

### Melanie's Dance Unlimited: Dance Classes for All Ages

Join us to learn the art of dance in a positive, structured, and inspiring environment. Our teachers have a rare combination of professional performing careers and college educations in dance that bring our classes to life! Classes take place at the Field House Gym, Melanie's Dance Unlimited's highly qualified instructors vary based on class subject and availability.

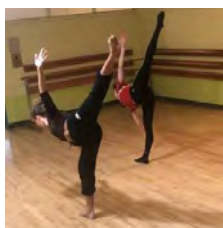
Session	Day	Dates	No Class Days
Fall (7 wks)	Tuesdays	Sept 13-Oct 25	None
Fall (7 wks)	Thursdays	Sept 15-Oct 27	None
Winter (6 wks)	Tuesdays	Nov 1-Dec 13	Nov 22
Winter (6 wks)	Thursdays	Nov 3-Dec 15	Nov 24

#### Tuesday Classes

Time	Class	Ages	Price (Fall/Winter)
4:30-5 pm	Tumbling Tots!	3-5	\$63/\$54
5-5:45 pm	Ballet/Tap/Jazz	3-5	\$87.50/\$75
5:45-6:30 pm	Youth COMBO	9+	\$87.50/\$75
6:30-7 pm	Youth TAP 2	9+	\$63/\$54
7-7:45 pm	Musical Theater	7-15	\$87.50/\$75

#### Thursday Classes

Time	Class	Ages	Price (Fall/Winter)
4:45-5:45 pm	Kids COMBO 1	5-8	\$105/\$120
5:45-6:15 pm	Kids Hip Hop 1	5-9	\$63/\$54
6:15-7 pm	Kids Acrobatics	5-9	\$87.50/\$75
7-7:30 pm	Youth Hip Hop 2	8-13	\$63/\$54



## YOUTH ACTIVITIES

### Indoor Tot Time – Coming Soon!

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

Ages 0–5	Prices TBD	Field House
Days TBD	Beginning mid-September	Times TBD

# SHREDDING EVENT

**Wednesday,  
November 16, 2022**  
10am - 2 pm

**Activity Center**  
2045 S 216th St.  
Des Moines 98198  
(206) 878-1642

**Accepted Items:**

- ✓ Paper, such as receipts, bills, bank statements, cancelled checks (staples OK)
- ✓ File Folders ✓ Envelopes

**Not Accepted:**

- ✗ Cardboard
- ✗ Newspaper
- ✗ Boxes
- ✗ X-Rays
- ✗ Plastic

**Event Hosted by the Des Moines  
& Normandy Park Senior  
Advisory Committee**

-Open to all residents  
-Maximum amount per person is  
10 file-sized boxes of paper

# RECREATION CLASSES & PROGRAMS

## ADULT ENRICHMENT

### Dog Obedience

*Dog Obedience Classes fill up quickly. Please register early to reserve your spot!*

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 with qualified instruction from Jan Magnuson, Retired Des Moines Animal Control Officer and Champion Trainer. Proof of vaccination is required at first class. Ninety-minute Individual Classes for more specific instruction are also available on a limited basis; please reach out at (206) 870-6527 for more information.

Dogs 4+ mos.	Field House		R/NR
Wed	Oct 5-26	6-7 pm	\$95/\$105
Wed	Nov 2-30 (no class 23rd)	6-7 pm	\$95/\$105
M-F	Individual Classes	TBD	\$250

## SPECIAL EVENTS

### Halloween Spooky Movie

Bring your blankets, pillows, and favorite spooky snacks as we set up the big screen in the Field House gym to watch a Halloween movie. Keep an eye on our Facebook Page to vote on which movie we will be screening!

Field House Gym	Date	Time
Movie TBD	October 28	6 pm



## What You Need To Know

### WHERE TO FIND US

Des Moines Field House:  
 1000 S 220th St  
 Des Moines, WA 98198  
 Office Hours:  
 9am-4pm T-TH  
 Subject to Change  
 Contact:  
 (206) 870-6527  
[desmoineswa.gov/registration](http://desmoineswa.gov/registration)  
[recreation@desmoineswa.gov](mailto:recreation@desmoineswa.gov)

### HOW TO REGISTER

Online, in person, or by phone.  
 Debit/Credit Card Only.

### PHOTO POLICY

Photos of participants in any program or event may be used in future posts or publications or for promotion of City of Des Moines Parks, Recreation, and Senior Services activities.

### REGISTER EARLY!

Programs that do not meet registration minimums are subject to cancellation. Participants in programs cancelled for low enrollment will be fully refunded.

**FOLLOW US ON FACEBOOK**  
 @DesMoinesParksandRecreation



**REFUND POLICY** Refunds, less a \$20 administrative fee, will be granted when requested a minimum of 5-business days prior to the program/course start date. This fee will be waived if you opt for an account credit instead of a refund to the original form of payment. No refunds issued for programs that cost \$10 or less, programs where admission fee is purchased in advance, or special event registrations. Illness or other extenuating circumstances will be considered on a case-by-case basis. Please email all refund requests to [recreation@desmoineswa.gov](mailto:recreation@desmoineswa.gov).



**GUTTERS:** Make sure your gutters are clean and working properly. This can reduce the potential for clogged drains and water backups.

**DRAINAGE SYSTEMS:** Understand your property’s storm water system. A few common systems used throughout Des Moines are splash blocks, French drains, and dispersion trenches. Any type of system receives runoff from hard surfaces (roofs and driveways) using small basins and perforated pipe buried in gravel. Please contact the City for more information on how to identify and maintain these vital systems.

**BASIN DEBRIS:** Remove debris from basins. As leaves start to fall, make sure they are raked up and disposed of with your yard waste. Leaves and lawn clippings can plug basins and ditches, causing temporary flooding problems.

**DRIVEWAYS & SIDEWALKS:** Sweep driveways and sidewalks. It may take more time than pressure washing, but sweeping allows you to contain contaminants and dispose of them properly in the garbage. As with vehicles, driveways accumulate more than just dirt. Rubber from tires, metal from brake pads, and oil are some of the common things that build up on driveways. It is important to capture as much of these contaminants as possible, so they can be disposed of properly before washing into the Sound.

**PET WASTE:** Dispose of pet waste properly. Pet waste contains pathogens and nutrients that can have a negative impact on storm water runoff and the environment. Before going on walks, remember to bring pet waste bags. Remember to always dispose of pet waste bags into a garbage can.

The City of Des Moines Surface Water Management Department wants to hear from you. We are looking for feedback on what concerns residents have with regard to surface and storm water. Please submit a “Fix-It” form using the QR code above.



**HIGHLINE**  
COLLEGE



# LEVEL UP YOUR NEW NORMAL

With A New Career From Highline College

With more than 100 degrees and certificates in high demand career fields, including seven applied bachelor's degrees, choose a new career path that's right for you. Explore Highline College today, where open access and opportunity have been hallmarks since 1961.

Learn more and enroll today at [highline.edu](https://highline.edu)

FALL QUARTER STARTS SEPTEMBER 26

# Programs, Activities and Services at the Des Moines Activity Center

### DMAC Operating Hours

Monday–Thursday: 9am–1pm

### DMAC Office Hours

Monday–Thursday: 9am–4pm

Friday: Staff available by phone  
9am–4pm

### DMAC Closures

Veterans Day  
Friday, November 11

Thanksgiving  
Wednesday, November 23 to  
Friday, November 25

Christmas  
Monday, December 26

New Year's Day  
Monday, January 2

Martin Luther King, Jr. Birthday  
Monday, January 16

Presidents Day  
Monday, February 20

.....

Temperature screenings are required for all participants upon entry. Masks are optional.

For more information, to schedule an appointment or to register for a trip or class please call the Des Moines Activity Center (DMAC) at (206) 878-1642. You may also email us at seniors@desmoineswa.gov.

Additional information can be found on our Facebook page and City of Des Moines webpage at [www.desmoineswa.gov/senior](http://www.desmoineswa.gov/senior)

## DMAC WISH LIST

### We're asking for the following items:

- Printer copy paper
- New or gently used bath towels, hand and kitchen towels
- New or gently used cast iron skillets
- Heavy duty potholders
- Postage stamps
- Tissue boxes, Kleenex



### Celebrate your birthday and anniversary with us!

Every 1st Thursday of the month beginning in October at 12 noon

Join us as we celebrate your special day with cake.

### Weekly Wednesday Walks!

Every Wednesday in the months of September and October 10:30 am

Bring your walking shoes and join us as we walk at your leisure the paved quarter-mile loop behind our Center. Meet at our back patio. Weather permitting. Please dress for the elements.

### The Des Moines Activity Center invites you to our Opening Celebration!

Wednesday, October 12, 2022, 10 am – 12 pm

The Des Moines Activity Center welcomes you to our re-opening celebration. See our newly remodeled space, stay for lunch and meet the staff and volunteers as we share fun events and activities we have coming up this season. Entertainment and refreshments offered.\*

### COVID-19 Vaccination and Booster Clinic

Friday, October 21, 10 am – 2 pm  
Walk-ins welcome, pre-registration preferred. Please call DMAC for more information.

### Community Shredding Event

Wednesday, November 16, 10am – 2pm

Gather those documents, the Des Moines & Normandy Park Senior Advisory Committee is hosting a shredding event! Open to all residents, maximum amount per person is 10-file-sized boxes of paper. Call the Des Moines Activity Center for more information.

### Thanksgiving Holiday Lunch

Monday, November 21, 12 pm

Dining room opens as early as 9 am. Call the Des Moines Activity Center to reserve your seat.

### A Full Week of Holiday Fun!

December 5 – 8, 2022

Each day this week we'll have a fun, holiday themed event. Wear your holiday colors. Follow our Facebook page for more information!

Monday, December 5

Hot chocolate bar

Tuesday, December 6

Popcorn and a holiday movie

Wednesday, December 7

Build a gingerbread house

Thursday, December 8

Holiday sweater day

### Holiday Lunch

Wednesday, December 21, 12 pm

Dining room opens as early as 9 am. Call the Des Moines Activity Center to reserve your seat.

### DSHS Mobile CSO

Wednesday, October 26, 9 am – 1 pm

The Mobile CSO office delivers another point of access to apply for DSHS services. The Mobile CSOs accept and process applications for Basic Food (SNAP), certain cash programs and Medicare premium assistance, conduct eligibility interviews, verify eligibility factors, process changes to current recipients benefits, authorize and issue EBT cards, and authorize benefits to approved households, frequently the very same day.

### Halloween at the Des Moines Activity Center

Monday, October 31, 11 am

Win a prize. Wear Halloween colors or costume!

**12 Days of Goodness  
with Football Legends**

Monday, December 19, 11am-1:30pm, \$5

Sponsored by Cadence Living, the Des Moines Activity Center invites you to our 12 Days of Goodness event. Meet and chat with football Legends, see football memorabilia and wear your Seahawk attire or holiday colors! This event is open to adults 50 plus. Seating is limited, advance ticket sales only. Lunch included.\*

**Pajama Day!**

Tuesday, December 27

Wear your pajamas, snuggly robe and cushy slippers!

**Ongoing Activities**

**NEW! Brain Games & More**

Tuesdays beginning in October, 10-11am

For anyone interested in crossword puzzles, word search, Sudoku, puzzles! Try new games and meet new people.

**NEW! Adult Coloring Club**

Tuesdays beginning in October, 10-11am

Get artistic! Color at your leisure and get creative while visiting with friends. Some coloring books, pages and supplies offered for use or bring your own.

**American Mahjong**

Wednesdays, 9:45 am - 12 pm

**NEW! Pinochle**

Thursdays, 10 am - 1 pm

**NEW! Duplicate Bridge - \*played at Central Area Senior Center in Seattle \$7**

Mondays beginning Oct. 6, 11am - 3pm Shuttle departs Des Moines Activity Center Monday's at 10 am, returns to Des Moines at 4 pm. Please call DMAC a week in advance to reserve your seat.

**Evening Duplicate Bridge - played at Central Area Senior Center in Seattle**

Thursdays beginning October 6, 5-8pm Shuttle departs Des Moines Activity Center Thursday afternoons at 4 pm, returns to Des Moines at 8 pm. Please call DMAC to reserve your seat\*

**Health and Fitness**

**EnhanceFitness**

\$25/4-week series \$7/drop in fee Mondays, 9:30 am - 10:30 am

EnhanceFitness focuses on dynamic cardiovascular exercise, strength training, balance, and flexibility. Wear your sneakers, bring a towel and bottled water.

September 19 - October 10\*

October 17- November 7\*

November 14- December 5\*

**Wednesday Walks**

Every Wednesday in the months of September and October, 10:30 am

Bring your walking shoes and join us as we walk at your leisure the paved quarter-mile loop behind our Center. Meet at our back patio. Weather permitting. Please dress for the elements.

**Stress Free Technology**

**Basic Smart Phone Settings**

Tuesday, October 11, 10 am - 11 am

Bring your fully charged smart phone to class and increase your understanding of your phone settings, menu and contacts. Limited seating, please call DMAC to register.\*

**Arts & Crafts**

**NEW! Beginning Drawing Class**

\$TBD

6-week course every Thursday, 10 - 11:30 am beginning October 6\*

**Paint a Mini Pumpkin**

Monday, October 31, 10 am

Paint a mini pumpkin for Halloween.



## Day Trips

Registration begins Monday, September 19 at 10 am

Limited seating. Time reflects departure and return times to and from The Des Moines Activity Center.

### **Day at Point Ruston, Tacoma WA \$10**

Monday, September 26, 10:30 – 2 pm

We're going to the waterfront community of Point Ruston! Take part in shopping, dining, recreation or spend time walking along the beautiful waterfront.

### **Ride the New Des Moines Ferry to Seattle, Des Moines, WA \$15**

Wednesday, September 28,

9:15am – 3pm

Ride the new Ferry line from Des Moines to Seattle. Enjoy a no-host lunch at a nearby restaurant or enjoy the waterfront amenities while in Seattle before departing back to Des Moines. Ferry Departs Des Moines 10 am, Ferry Departs Seattle 3 pm. Trips are approximately 40 minutes each way.

### **Olympia Farmers Market, Olympia, WA \$15**

Friday, October 7, 10 am – 2 pm

See what the farmer's market has in season! Bring a brown bag lunch or no-host lunch on your own.

### **Carpinito's Pumpkin Patch, Kent, WA \$15**

Tuesday, Oct 18, 10:45 am - 1 pm

A sea of pumpkins, corn mazes & plenty of photo inspiration at this popular pumpkin patch. Bring a sack lunch or purchase from the concession stand. Cost includes entry to pumpkin patch.

### **Lattin's Cider Mill and Farm, Olympia, WA \$25**

Friday, October 21, 9 am – 2 pm

Known for their award-winning apple cider take a tour of Lattin's Cider Mill and a ride to the apple orchards. Enjoy their cider, baked goods and produce stand. Bring a brown bag lunch.

### **Museum of Glass, Tacoma, WA \$25**

Thursday, October 27, 9:30am – 2pm

Led by a docent through the galleries and Hot Shop, we'll culminate with tea and cookies in the Education Studio, along with an art-making project.

### **National Nordic Museum, Seattle, WA \$15**

Thursday, November 3, 9:30 am – 2 pm

The National Nordic Museum celebrates the history and heritage of Denmark, Norway, Finland, Sweden, and Iceland and also ties the culture to the U.S., especially the Pacific Northwest. Bring a sack lunch or lunch on your own at any of the neighboring cafes and restaurants.

### **Shopping the Outlets, Auburn, WA \$15**

Monday, November 7, 9:30am – 2 pm

Shop for a deal or get ahead of your holiday shopping!\*

### **Muckleshoot Casino, Auburn, WA \$15**

Tuesday, November 8, 10:30am–2:30pm

Something for everyone; gaming, dining or entertainment.

### **Northwest Quilt, Craft and Sewing Sale, Puyallup WA \$10 transportation fee, \$12 at the door**

Friday, November 18, 9 am – 3 pm

The best quilting, crafting and sewing sale for the home enthusiast! Don't miss the chance to see, try and buy amazing supplies, fabrics, and tools from the very best vendors.

## Health & Social Services

### **On-Site Social Worker, Referral Services**

Mondays, 9:30 am – 1 pm

No charge, in-person, telehealth and phone appointments. Please call DMAC to schedule your appointment.

### **Massage Therapy**

1st & 3rd Tuesdays, 9 am – 12 pm

\$40 for a 30-minute appointment. Please call DMAC to schedule your appointment.

### **Foot Care**

1st & 3rd Wednesdays, 9 am – 12 pm

\$35 for a 30-minute appointment. Please call DMAC to schedule your appointment.

### **Senior Community Health Screening for Ages 55+**

2nd Mondays, 10 am – 1 pm

In partnership with POCAAN, free wellness exam. Blood pressure, cholesterol, glucose and nutritional assessment are just some of the services offered. No appointment necessary.

### **Statewide Health Insurance Benefits Advisors (SHIBA) Services**

3rd Mondays, 10 am – 12:30 pm

Have questions or need assistance with Medicare? Please call DMAC to schedule your appointment with Ron Lome, SHIBA volunteer.

### **Des Moines Elder Law**

3rd Thursdays, 11 am – 12 pm

Get legal guidance and information in the following: Wills, power of attorney, living will, living trust, estate planning, community property agreements, and/or probate. Please call DMAC to schedule your appointment.

### **Medical Lending Closet**

Open during DMAC Operating Hours

Need a walker, cane, wheelchair or commode? Call DMAC to find out what we have in stock.

**Medical Lending Closet open during DMAC Operating Hours.**

## Blueprint for Living

Registration begins Monday, September 19 at 10 am.  
All classes are at no-cost unless stated.

### Caregiver & Grief Support Group

Every 2nd & 4th Tuesday of the month beginning in September 11am – 12pm  
Des Moines Activity Center hosts a twice-monthly caregiver and grief support group led by Cynthia Zink, Grief Recovery Method Specialist. As a supportive, informal group, share with others who are experiencing the same joys and challenges, and who can empathize and offer valuable insights, suggestions and resources. Caregivers are welcome to bring their loved one, and a volunteer will provide activities for them. No registration necessary.

### Using Library eBooks

Monday, September 19, 11am – 12pm  
Want to read books that up no space in your suitcase, have adjustable font sizes and will never have a late fine? Learn how to download eBooks, magazines, and digital audiobooks to your computer, smartphone, eReader, or tablet. You can borrow eBooks from the library for free. Be sure to bring your device, and any pins or passwords you might need to download an app. Kindle users should know their Amazon log-in information.

### New & Interesting Reads

Monday, September 26, 11am – 12pm  
Not sure what to read next? A Librarian from the Des Moines Library will share some great new books available from the library along with a few hidden gems you might have missed. Learn about the free programs and services available for adult readers at the library that will help keep your to-read list full.

### The Library Online – Streaming

Monday, October 3, 11am – 12pm  
Did you know you can stream music, movies, and tv shows free from the library? Learn how to watch on your

home computer, smartphone, or Roku. Watch a British mystery show, check out a yoga video, learn along with Great Courses, share a children's movie with family or revisit the classics from The Criterion Collection.

### Cannabis 101: Current Evidence & Considerations for Older Adults

Monday, October 3, 10 am – 11:30 am  
Cannabis has been legal in Washington since 2012, but evidence-based information on using cannabis can be hard to find—especially for older adults. The Washington Poison Center will provide an overview of the basic principles of cannabis, including its most studied chemical compounds and common modes of use. Current evidence on short-and long-term health correlations, both therapeutic and harmful, will be discussed, including where (and why!) there are gaps in knowledge. This evidence will be examined through the lens of common older adult conditions, outcomes, and unique considerations.

### Preventing Falls with Safe Medication Use

Monday, October 24, 1 pm – 2 pm  
Join the Washington Poison Center for an exploration of the link between medications and falls. Discuss common prescription and over-the-counter culprits for falls, the fall risks behind medication errors, and other key medication-related contributors to falls. Learn how simple medication management strategies can help reduce risk and stay safe.

### Medicare Open Enrollment

3rd Mondays, 10am – 12:30pm  
Medicare open enrollment is from October 15th – December 7th. Meet with our SHIBA counselor, Ron Lome with any questions and for in person counseling. Please call DMAC to schedule your appointment.

**Need a walker,  
cane, wheelchair or  
commode? Call DMAC  
to find out what we  
have in stock.**

## Out to Lunch

Registration begins Wednesday,  
September 14 at 10 am  
Ages 50+. Enjoy a no-host lunch at new and old favorite eateries around the Sound. All trips depart between 10 am - 10:30 am depending on destination and return around 2pm. \$15 transportation fee. Limited seating.

Bruno's European Restaurant –  
Lakewood, WA  
[www.brunoseuropeanrestaurant.com](http://www.brunoseuropeanrestaurant.com)  
Thursday, October 13,  
10:30am–2pm

Tides Tavern – Gig Harbor, WA  
[www.tidestavern.com/menu](http://www.tidestavern.com/menu)  
Thursday, November 10,  
10:30am–1pm  
Cash and Card accepted.

### Lunch at the Des Moines Activity Center

Monday – Thursday, 12pm – 12:30pm.  
Dining room open as early as 9 am.

### Hot lunch Ages 60+

Bring a friend and make a new one as we enjoy a nutritious meal in our dining room. Suggested donation per meal; \$4.50. Please see our Facebook page or webpage [www.desmoineswa.gov/senior](http://www.desmoineswa.gov/senior) for our current menu.



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*Founder/CEO, Financial Advisor Janice Hammond*

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