

# DES MOINES

CITY CURRENTS

Fall 2024

## Construction Coming Soon

SEE PAGE 11

## Middle Housing Regulations

SEE PAGE 12

## Maritime High School Launches New Pathway

SEE PAGE 13

PRSR1 STD  
US Postage Paid  
Seattle, WA  
Permit No. 1123  
ECRWSS  
Postal Customer





# DES MOINES Medicare Store

LOCAL - PERSONAL - UNBIASED - NO-COST  
MEDICARE STORE

## Our Services



### Original Medicare

Part A and Part B



### Medicare Advantage

Medicare Part C



### Medicare Supplementals

Medigap Policies



### Prescription Drug Plans

Medicare Part D

Don't Forget!  
Medicare's Annual  
Enrollment Period  
is Oct 15 through Dec 7!  
We can help you make  
changes to your  
Medicare Plans!



Let a local  
agent help you  
navigate the Medicare  
process and find plans  
that best suit your  
healthcare  
needs!



### We can also help with:

- Dental, Vision, Hearing Plans
- Hospital Indemnity Plans
- Cancer, Heart, Stroke Insurance
- Final Expense
- Travel Insurance

## CONTACT US

📍 22307 Marine View Drive S. Des Moines, WA 98198

☎ 206.209.2282

🌐 [www.DMMLocal.com](http://www.DMMLocal.com)

✉ [Office@DMMLocal.com](mailto:Office@DMMLocal.com)



SCAN HERE



\*Des Moines Medicare Store is not connected to the Federal Medicare Program.  
This is a solicitation for insurance.



# Fall 2024 *What's Inside*

.....

<b>From the Mayor</b> .....	<b>4</b>
<b>Council Highlights</b> .....	<b>6</b>
<b>Meet Our GPS Team's Crisis Response Specialist</b> .....	<b>8</b>
<b>Commute Trip Reduction 4 Year Plan Update</b> .....	<b>10</b>
<b>Construction Coming Soon</b> .....	<b>11</b>
<b>Middle Housing Regulations Update</b> .....	<b>12</b>
<b>Maritime High School Launches Third Career Pathway</b> ...	<b>13</b>
<b>Recreation Classes &amp; Programs</b> .....	<b>14</b>
<b>Programs, Activities and Services at The Des Moines Activity Center</b> .....	<b>22</b>



Click the QR Code to follow the City of Des Moines on Facebook! We'll update you on exciting happenings at the City, as well as around the Community.

Cover photo: David Rosen, SLICKPIX Photography

## DES MOINES DIRECTORY



**City Hall**  
21630 11th Avenue S  
(206) 878-4595

**City Hall Open**  
Monday–Friday  
9:00am–4:00pm  
[www.desmoineswa.gov](http://www.desmoineswa.gov)

**City Council**

Traci Buxton, Mayor	TBuxton@desmoineswa.gov
Harry Steinmetz, Deputy Mayor	HSteinmetz@desmoineswa.gov
Gene Achziger	GAchziger@desmoineswa.gov
Yoshiko Grace Matsui	YGraceMatsui@desmoineswa.gov
JC Harris	JCHarris@desmoineswa.gov
Matt Mahoney	MMahoney@desmoineswa.gov
Jeremy Nutting	JNutting@desmoineswa.gov

**City Offices**

City Attorney	(206) 870-6519
City Clerk	(206) 870-6552
City Manager	(206) 870-6514
Community Development	(206) 870-7576
Engineering	(206) 870-6525
Facilities Rentals	(206) 870-9370
Finance Director	(206) 870-6510
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) 812-2737
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
Recology King County	(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

**DES MOINES** CITY CURRENTS  
Des Moines City Currents is published by Colibri Northwest for the City of Des Moines

 **COLIBRI Northwest**

**PUBLISHER**  
Peter Phillips (206) 284-8285 peter@colibrinw.com

**ADVERTISING SALES**  
Katie Higgins (206) 914-4248 katie@colibrinw.com

**EDITOR CITY CURRENTS**  
Nicole Nordholm (206) 870-6546 nnordholm@desmoineswa.gov

# GEHRKEBAKER DOULL & KELLY

ATTORNEYS AT LAW

**PROUD MEMBER OF THE DES MOINES COMMUNITY**

ONE BLOCK WEST OF MARINE VIEW DRIVE  
IN THE HEART OF THE MARINA DISTRICT

REMOTE CONSULTATIONS AVAILABLE

22030 7<sup>TH</sup> AVE S, SUITE 202  
DES MOINES, WA 98198  
(206) 878-4100

**VISIT US ON THE WEB**  
**WWW.GEHRKELAWOFFICES.COM**





# From the Mayor



By Mayor  
Traci Buxton

## Welcome to Autumn in Des Moines!

Communications and Budget work are in full swing.

### Communication

We have been working hard to provide more and better communication for our residents and we hope this issue will help you discover even more ways you can get information from your city!

Beginning on page six you can view by category all the major decisions your Council made this summer. On page three you'll find the most common resources people ask for when contacting the City.

And, in response to popular request, we have added a "suggestions" section to our City website, as well as beautiful

handcrafted wooden comment boxes to City Hall, the Senior Activity Center, and the Field House.

Throughout this issue, you will also find many QR codes that look like this:



Click the QR code to read our first Public Servant Profile we've done, on Interim City Manager Tim George

By using the camera on your phone, these codes will take you to information pages for events, businesses, and classes in town.

### Budget

Moving through this Fall, your Council and City Staff will also be digging deep to present a budget for the next two years

that reflects the values of this community. In considering quality of life, we hope to bring you increased public safety first and foremost.

In addition, we recognize the value of a strong business core, family programs, recreation, education, and a strong infrastructure that will allow us to grow responsibly. Your input on the November ballot will hold a significant influence on the choices we make in response to your voices.

In closing, a seasonal thought: When it gets cold out there, gathering together brings warmth.



**AZTECA**<sup>®</sup>  
MEXICAN RESTAURANTS

## Cheers to 50 Years!

For 50 years, Burien Azteca has provided our community with delicious Mexican food, a festive ambiance, and warm, friendly service.

We are so grateful to be surrounded by wonderful neighborhoods, and proud to be your go-to destination for a family-friendly night out, an after-hours get together, or a fiesta to go.

To all our regular guests, and to all the new ones we hope to meet soon:  
**Gracias, and welcome to the family!**

### DINE IN SPECIAL!

Monday Thru Thursday

**Purchase a Grande Combination and add a taco, enchilada, or tamale for only \$1.**

Expires November 14, 2024.  
Valid only at the BURIEN Azteca location.  
Not valid with other discounts.

### NEW ITEMS!



**Buy one Hot Sauce or Margarita Mix and get one FREE.**



Expires November 14, 2024.  
Valid only at the BURIEN Azteca location.  
Not valid with other discounts.

### TAKE OUT SPECIAL!

Monday Thru Thursday

**Order an entree through our website and get an appetizer 1/2 off.**

Expires November 14, 2024.  
Valid only at the BURIEN Azteca location.  
Not valid with other discounts.





## Waterland: You deserve a financial advisor who listens.

On your corner, in your corner. Come say hello.



**Doug Myers**  
CFP®

Financial Advisor  
22211 Marine View Dr S  
Des Moines, WA 98198  
206-824-3096

**David Thead**

Associate Financial Advisor

**Lindsay Ferrin**

Registered Branch Associate

**Teresa Torgison**

Senior Branch Office Administrator

MKT-58940-A-A1 AECSPAD 22830878

## A place to help grow your money for a rainy day

Finding a great rate on a CD is nice, but to get the most from your CDs, you need a strategy. Get in touch to learn more.

**Bank-issued,  
FDIC-insured**  
6-months APY\*

# 4.60%

**Please contact us if you have \$1,000 or more to invest.**

**Doug Myers**  
CFP®

Financial Advisor  
22211 Marine View Dr S  
Des Moines, WA 98198  
206-824-3096

\* Annual Percentage Yield (APY) effective 08/08/24. CDs offered by Edward Jones are bank-issued and FDIC-insured up to \$250,000 (principal and interest accrued but not yet paid) per depositor, per insured depository institution, for each account ownership category. Please visit [www.fdic.gov](http://www.fdic.gov) or contact your financial advisor for additional information. Subject to availability and price change. CD values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If CDs are sold prior to maturity, the investor can lose principal value. FDIC insurance does not cover losses in market value. Early withdrawal may not be permitted. Yields quoted are net of all commissions. CDs require the distribution of interest and do not allow interest to compound. CDs offered through Edward Jones are issued by banks and thrifts nationwide. All CDs sold by Edward Jones are registered with the Depository Trust Corp. (DTC).

FDI-19160-A AECSPAD 22876639



# Council Highlights

## DES MOINES CITY COUNCIL



**Traci Buxton**  
Mayor



**Harry Steinmetz**  
Deputy Mayor



**Gene Achziger**  
Councilmember



**Yoshiko Grace Matsui**  
Councilmember



**JC Harris**  
Councilmember



**Matt Mahoney**  
Councilmember



**Jeremy Nutting**  
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*

## CITY COUNCIL HIGHLIGHTS: MAY 2024 – JULY 2024 ORDINANCE 1797–1802, RESOLUTION 1466–1471

### Approved the Following Action:

- Senator Karen Keiser Appreciation Day Proclamation
- Pride Month Proclamation
- Senior Services Advisory Committee Appointment – Randy Richards
- Redondo Speed Enforcement Fund – Ordinance No. 1797
- Senior Activity Center Management Contract
- Kent Des Moines Road/16th Ave S Pipe Replacement Project – Contract Awards
- Hearing Examiner Appointment
- Animal Code Amendment – Ordinance No. 1798

- Juneteenth Proclamation
  - 2025 South King Housing and Homelessness Partners Budget and the 2025 Work Plan – Resolution No. 1466
  - Updating Gender References in the DMMC – Ordinance No. 1799
  - Marina Building Roof Replacement
  - Port of Seattle Economic Development Grant Acceptance
  - Senior Services Advisory Appointment – JoAnn Hayden
  - 2024-2025 On-Call General Civil Engineering Task Assignment 2024-02 with Parametrix, Inc
  - Setting a Date for Public Hearing for Street Vacation of 1st Place South – Resolution No. 1468
  - Right-of-Way Dedication-Salvador Property
  - Rate Reduction – 2024 Poverty Bay Blues and Brews
  - Public Works Contracts – Redondo Restroom Replacement Project
  - Alleyway Naming – Ordinance 1801
  - Commemorative Street – Resolution 1469
  - Administrative Office of the Courts – Reimbursement Agreement
  - Support for South King Proposition No. 1, Authorizing Fire Benefit Charge – Resolution 1470
  - Support of Marina Charging Floats Grant Application – Resolution 1471
  - Marina Steps Project – Amended Task Assignment for Consultant Design
- ### Held the Following Public Hearings:
- Transportation Improvement Plan (2025-2024) – Resolution No. 1467
  - Updating City Building and Fire Codes – Ordinance No. 1800
  - Vacation Right-of-Way Ordinance 1802

*Call Now for a Free Consult!*

*Our firm will provide the right solutions for your estate planning, probate, and real estate needs*

### ESTATE PLANNING

- Simple & Complex Wills
- Revocable & Irrevocable Trusts
- Financial Power of Attorney
- Healthcare Power of Attorney
- Advance Healthcare Directive

### PROBATE

- Probate Administration
- Personal Representative Guidance
- Asset Management
- Debt Settlement
- Equitable Distribution of Assets

### REAL ESTATE

- Purchase Agreements
- Contract Review
- Seller Financing
- Property Transfers
- Title Issues
- Easements

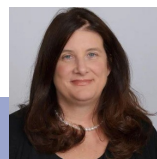
### Client Reviews ★★★★★

*"Renee made us feel like we were her only clients, extremely attentive and efficient, while being personable and professional!"*

*"Renee was a lifesaver helping me through a complex real estate transaction. She is very knowledgeable and detail oriented. I especially appreciated that she responded to questions/issues promptly and explained all my options to me."*



Renee Roman  
Attorney/Owner  
Marine View Law  
renee@marineviewlaw.com



MARINE VIEW LAW

22021 7th Ave S, Suite 6, Des Moines WA 98198 | 206-878-8777 | www.marineviewlaw.com



As the outdoor pools mothball for the coming winter, remember:

# It's always summer at **Mt. Rainier Pool**



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



Scan QR code to  
access our sign-up  
page or visit website

The invigorating sensation of playing in water that you enjoyed all summer exists year-round at your indoor pool on the Mount Rainier High School campus. Whether for lessons, exercise, or competition, we're here to keep you in the swim of things.

# Meet Our GPS Team's Crisis Response Specialist: Monica T. Lara

**I**n a city that constantly evolves, ensuring the safety and well-being of our community is of utmost importance.

At the forefront of this mission is Monica T. Lara, our Getting People Services (GPS) Team's Crisis Response Specialist, who plays a pivotal role in navigating complex emergency situations with calm expertise and dedication.

## Navigating Through Crisis with Expertise

*GPS – Getting People Services with the Des Moines Police Department.*

This team focuses on taking a holistic approach to law enforcement encounters with persons experiencing behavioral health issues.

Whether responding to in-progress calls or conducting follow up, the goal of the GPS Team is to divert individuals from the traditional criminal justice system and redirect them to the most appropriate resources.

Monica Lara holds a Bachelor's degree in Psychology and a Master's degree in Psychology and Child Development. With a career spanning several years in social services, Monica's dedication to creating safer environments for communities is evident. Before relocating to Washington from New Mexico, she worked with victims of domestic violence and sexual assault.

Since joining the City of Des Moines in late 2022, Monica has played a pivotal role in supporting both the community and law enforcement officers - leveraging her expertise to assist those in need. Her passion for helping others shines through in her commitment to making a positive impact.

## A Day in the Life of a Crisis Response Specialist

What does a typical day look like for Monica? While each day can present unique challenges, Monica's role generally involves assessing potential risks, developing response strategies, and liaising with other emergency services to ensure a cohesive approach.

Her responsibilities also include supporting PD as well as community outreach to enhance preparedness and resilience. This consists of assisting patrol and the

community with 911 calls, doing follow up with referrals from patrol, doing outreach with the unhoused community in Des Moines.



Monica Lara

Monica's ability to make swift, informed decisions is complemented by her empathetic approach, ensuring that the human element is never lost in the midst of crisis management.

For more information about Monica and the GPS Team's crisis response initiatives, click the QR code or visit our website for updates and resources.

## When to Call For Help:

If you or someone you know exhibits any of the following:

- Thoughts of suicide, serious depression or other mental health concerns.
- Feelings of wanting to hurt yourself or others.
- Increased mental health symptoms making it difficult to attend work, school or family.
- Disorganization making it difficult to seek shelter, food or attend to basic needs.

## Warning Signs of a Mental Health Crisis:

A mental health crisis can display in a variety of ways. There is no one indicator that a person is experiencing a mental health emergency or may attempt suicide, but here are some signs to look for. The person may be:

- Unable to complete daily tasks like getting dressed, brushing teeth, bathing, etc.
- Verbally saying, writing or insinuating that they'd like to kill themselves and/or talking about death.
- Withdrawing from friends, family and their typical social situations.
- Showing impulsive or reckless behavior, being aggressive.
- Having dramatic shifts in mood, sleeping or eating patterns.
- Loss of touch with reality (psychosis): unable to recognize family or friends, confuse, strange ideas, thinks they are someone they are not, doesn't understand what people are saying, hearing voices, seen things that aren't there.
- Paranoia: intense anxious or fearful feelings and thoughts often related to persecution, threat, or conspiracy.

## 24-Hour Crisis Line 866-427-4747 or 988

The 24-Hour Crisis Line provides immediate help to individuals, families, and friends of people in emotional crisis.

## King County 211

Provides the most comprehensive information on health and human services in King County. Whether it's for housing assistance, help with financial needs, or to find the location of the nearest food bank.

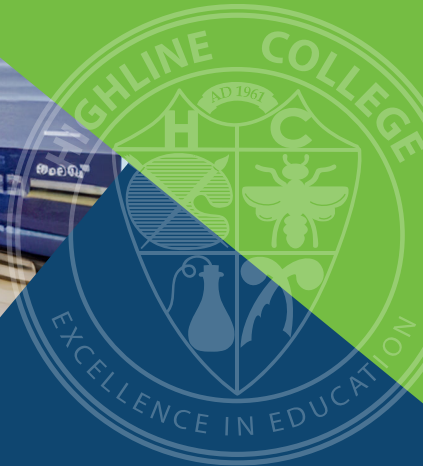
## Washington Recovery Help Line 866-789-1511

Offers an anonymous, confidential 24-hour help line for Washington residents. For those experiencing substance use disorder, problem gambling, and/or mental health challenges.





HIGHLINE  
COLLEGE



# CAREER READY

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

Enroll today at [highline.edu](https://highline.edu)

FALL QUARTER STARTS SEPTEMBER 23



**SCAN** to learn more!



# Commuter Trip Reduction 4 Year Plan Update

In 1991, the state legislature enacted the Commuter Trip Reduction (CTR) Law to address growing concern for traffic congestion, air pollution, and gas dependency. The CTR law aims to encourage workers to drive alone less by riding the bus, walking or biking, sharing the ride, or skipping it all together by teleworking or working a compressed work week. Cities and counties affected by the CTR law are required to update their CTR plans every 4 years, and outreach to CTR affected communities is part of those updates.

*We would love your input on how we can work together to reduce drive-alone commute trips in the City of Des Moines.*

*What could help increase the chances of alternative options to commute to and from work?  
How could we improve commute options in the City of Des Moines?*

*Email us your thoughts at [CTR@desmoineswa.gov](mailto:CTR@desmoineswa.gov).*



## Veterinary Services for Dogs, Cats & Exotics

At our new state-of-the-art full service animal hospital, we provide expert veterinary care to keep your furry friends happy & healthy.

**Open Monday - Saturday**

**Scan the QR Code to book an appointment online or learn more about all our services!**



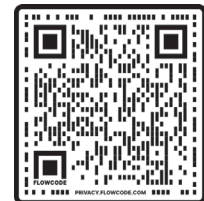
Wellness & Preventive Care



Dental Care



Surgery



**Accepting new clients!**



22014 7th Ave S Suite 100, Des Moines, WA 98198

CALL US TODAY: 206-580-4640



# Construction Coming Soon!

The Washington State Department of Transportation is starting construction on the State Route 509/24th Avenue South to South 188th Street New Expressway project. This project is the final, fully-funded stage (Stage 2) of the SR 509 Completion Project.

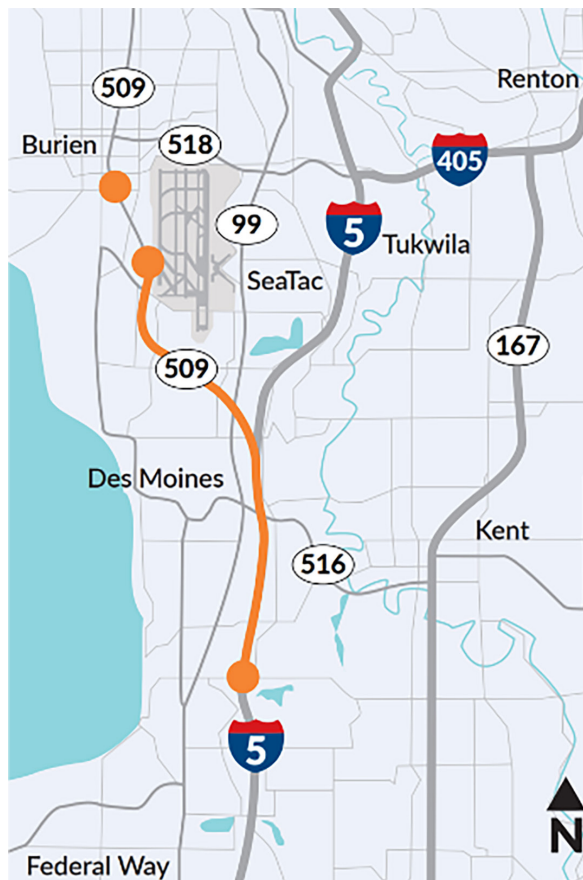
WSDOT is hosting a construction-focused online open house where you can learn more about the SR 509 Completion Project and what to expect during upcoming construction. Share your thoughts and questions online Sept. 4 through Oct. 25.

Learn more about upcoming construction on the SR 509 Completion Project



Visit online through Oct. 25

[engage.wsdot.wa.gov/sr-509-expressway](https://engage.wsdot.wa.gov/sr-509-expressway)



## ALLEN MEDICAL AESTHETICS

BOTOX & FILLERS  
REGENERATIVE AESTHETICS  
LASERS & SKIN TREATMENTS  
MEDICAL WEIGHT LOSS  
VITAMIN IV HYDRATION

22207 7th Ave S, Des Moines, WA 98198  
Call or Text 206-414-9979  
[frontdesk@allenmedicalaesthetics.com](mailto:frontdesk@allenmedicalaesthetics.com)



# Middle Housing Regulations Update

**P**lanning for Middle Housing in Des Moines is well underway in partnership with the City's Community Development Department and its consultant, AHBL! Together, we will conduct public outreach associated with integrating Middle Housing into the City's policies and regulatory structure.

## What is Middle Housing?

Middle housing is defined as buildings that are compatible in scale, form, and character with single-family houses and contain two or more dwelling units. Middle housing types can include duplexes, townhouses, cottage housing and others. The purpose is to create more homes for Washington by increasing middle housing in areas traditionally dedicated to single-family detached housing.

## What is the status of Middle Housing in Des Moines?

The initial work on the Middle Housing Grant project will run



concurrently with the comprehensive plan update. The City is currently working on the periodic review and update to our comprehensive plan that is due by December 31, 2024. The review and adoption of the development regulations to implement HB 1110 will occur between January and June 2025. City staff and AHBL created a task list for Middle Housing work that includes:

- Creating a public engagement plan
- Preparing maps to establish land capacity for the construction of middle housing units and areas that may require additional infrastructure support
- Preparing memos to identify choices that City decision-makers can use to

evaluate options for middle housing in Des Moines

- Preparing draft regulation amendments
- Providing assistance related to the adoption of Middle Housing regulations and comprehensive plans updates

So far, the first three tasks have been completed!

## How can I get Involved?

AHBL created a website dedicated to this Middle Housing project. Visit <https://engage.ahbl.com/des-moines-middle-housing> to stay in the loop about Middle Housing and public participation opportunities in Des Moines.



Countdown to our 50<sup>th</sup> ANNIVERSARY

Sept 15 2025

Over 49 years we've taught tens of thousands of kids to swim, helped seniors maintain their mobility, and been the training site for state champion swim teams and both world and Olympic champions. Celebrate with us as we near our big 5-0



mrp  
mount rainier pool



Contact us today  
206-824-4722  
[www.MtRainierPool.com](http://www.MtRainierPool.com)  
22722 19<sup>th</sup> Ave S • Des Moines





# Maritime High School Launches Third Career Pathway

*Students to Earn Shipyard Welding Certificate*

**M**aritime High School in Des Moines launches its new Marine Construction program in September.

Maritime High School juniors and seniors now have three pathways to choose from: Marine Construction, Marine Science, and Vessel Operations.

Students who choose the Marine Construction program will receive hands-on shipyard training and earn a maritime shipyard welding certificate to become highly employable marine welders. Teachers, mentors and industry professionals provide a well-

rounded education plus the industry certifications necessary to jumpstart future career paths.

Marine welding students will spend part of each day at a training center located at Seattle's Harbor Island Shipyard. Bus transportation is provided.

The Harbor Island Training Center is jointly operated by Vigor Industrial Shipyards and South Seattle College. This pathway is funded through Running Start and funds raised by Northwest Maritime Center.

Maritime High School Blends Academic & Hands-on Learning

When not participating in off-campus training and learning experiences, juniors and seniors in all three pathways work with Maritime High School instructors on complementary projects, with a blend of academic and hands-on learning opportunities.

Learn more about the new Marine Construction pathway on the Maritime High School website at [gethps.info/marine-construction](http://gethps.info/marine-construction).

Maritime High School is operated by Highline Public Schools and located at the Olympic Interim Site, 615 South 200th Street in Des Moines.

**BREAKFAST WITH SANTA**

JOIN YOUR PARKS & REC DEPARTMENT FOR HOLIDAY ACTIVITIES, A DELICIOUS BREAKFAST, PHOTOS WITH OUR SPECIAL GUEST FROM THE NORTH POLE, AND A CHANCE TO DISCUSS YOUR WISH LIST WITH SANTA HIMSELF!

Saturday, December 14th, 2024

TICKETS ON SALE NOVEMBER 12TH, 2024

**Des Moines Activity Center**  
2045 S 216th St, Des Moines, WA 98198

## WOMEN'S PERSONAL SAFETY AWARENESS SEMINAR

JOIN US TO LEARN PROACTIVE TIPS AND STEPS YOU CAN TAKE TO ENHANCE YOUR PERSONAL SAFETY.

THIS IS A FACILITATED DISCUSSION AND CONVERSATION ABOUT CRIME PREVENTION AND SAFETY. THE SEMINAR IS OPEN TO WOMEN OF ALL AGES AND MOST APPROPRIATE FOR YOUNG WOMEN AT LEAST 12 YEARS OF AGE OR OLDER. WE WILL BE DISCUSSING:

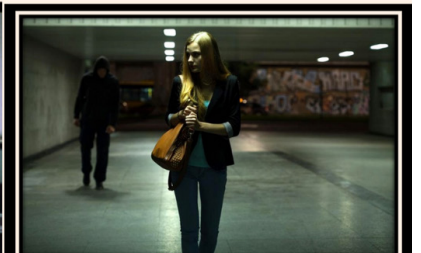
- POTENTIALLY DANGEROUS SITUATIONS AND HOW TO AVOID THEM.
- DECREASE THE ODDS OF BECOMING A VICTIM.
- THE ROLE OF YOUR INSTINCTS AND GUT REACTIONS.
- LEARN HOW TO MAKE A SAFETY PLAN.

SPACE IS LIMITED PLEASE CONTACT CSO TONYA SEABERRY (206) 870-7619 OR EMAIL [TSEABERRY@DESMOINESWA.GOV](mailto:TSEABERRY@DESMOINESWA.GOV) TO RESERVE YOUR SPOT!



**THURSDAY, SEPTEMBER 26, 2024  
6PM - 8PM**

**DES MOINES POLICE  
DEPARTMENT  
21900 11TH AVENUE SOUTH,  
DES MOINES WA 98198**





## Parks & Recreation Programs at a Glance

### For Kids

- Club KHAOS Afterschool Care
- School Age Break Camps
- Indoor Tot Time
- Youth Open Gym – Basketball
- Youth Basketball League
- Skyhawks Sports Programs
- Preschool Art with Amy
- School Age Art with Amy
- Melanie's Dance Unlimited

### For Adults & Teens

- Babysitter's Training
- Middle School Self Defense Class
- Women's Self Defense Refresher Class
- Good Manners – Basic Dog Obedience
- Yoga with Georgeanne
- Basket Weaving
- Indoor Drop-In Pickleball
- Adult Open Gym - Basketball

### Family Fun

- Halloween Costume Swap 10/4
- Trunk-Or-Treat 10/28
- Breakfast With Santa Tickets on Sale 11/12

### Contact Us

- Phone: 206-870-6527
- Email: [recreation@desmoineswa.gov](mailto:recreation@desmoineswa.gov)
- Facebook: [@desmoinesparksandrecreation](https://www.facebook.com/desmoinesparksandrecreation)
- Website: [www.desmoineswa.gov/registration](http://www.desmoineswa.gov/registration)
- Field House Address:  
1000 S 220th St., Des Moines WA 98198
- Field House Office Hours: Mon–Fri 8am–4:30pm  
(may be open additional evening hours depending on programming)



Click the QR code to head to our registration page for all Parks and Recreation programming.



## YOUTH ACTIVITIES

### 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, and spark their learning skills. Students will be bussed from Des Moines, Marvista, Midway, North Hill, 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 8 am.

- Monday-Friday throughout the school year
- Monday-Thursday 3:45-6 pm; Fridays 2:15-6pm
- No Program Days\*:
  - September 2nd (Labor Day)
  - October 11th (Collaborative Teacher Work Day)
  - November 1st (No School Day)
  - November 11th (Veteran's Day)
  - November 25th-27th (Conferences)
  - November 28th-29th (Thanksgiving Break)
  - December 23rd-Jan 3rd (Winter Break)
- Prices: (Resident/Non-Resident)
  - One Time Registration Fee: \$30/\$35
  - Daily Rate: \$23/\$28
  - Late Registration Fee: \$25 OR \$1/minute until pick up\*\*
- Location: Field House
- \*Program Dates & Times Subject to Change due to School District Schedules

\*\*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.

**Have more questions about our Afterschool Care Program? Check out our open house on Sept. 11th from 4:30-6pm!**

## What You Need To Know

### WHERE TO FIND US

#### Des Moines Field House:

- 1000 S 220th St  
Des Moines, WA 98198
- Office Hours:**  
Mon-Fri, 8am-4:30pm  
Evenings based on Programming

#### 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 or Check 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

### Club KHAOS: Break Camps

This is your solution to not having time off when your child does! Break Camp at the Field House provides a warm, caring, and safe environment where friendships flourish and leadership skills blossom. We will facilitate enrichment activities including arts & crafts, games, homework help, and reading. Children stay active by participating in gym games and athletics, playing outside when weather permits. You send lunch, we provide nutritional snacks!



- October 11th – Register September 20th
- November 1st – Register October 20th
- Camp Hours: 7am-6pm
- Ages: Grades K-5
- Prices: Daily Rate \$45R/\$50NR
- Location: Field House Studio



**FOLLOW US ON FACEBOOK**  
[@DesMoinesParksandRecreation](https://www.facebook.com/DesMoinesParksandRecreation)



**REFUND POLICY** Refund policy differs depending on type of program, time of year, and program fee schedule. Please visit [www.desmoineswa.gov](http://www.desmoineswa.gov) and follow the links through the Parks & Recreation Department, Registration Information, and Refund Policy for more information.



**"Service to others is the rent you pay for your room here on earth."**

*– Muhammad Ali*

**Legacy's** summer of celebrating a quarter century of building community turned bittersweet as we marked the passing of two of our best. Godspeed Kaylene Moon and Becca Shelton, you paid your rent in full.



Building Community  
Since 1999

**Des Moines Legacy Foundation**

Visit us at [www.DMLegacy.org](http://www.DMLegacy.org)



**Above: We teamed with the Inkfish Foundation to toast the arts. Left: Bob Chase and Kaylene Moon cut the rug at our annual Bayside Ball, while this girl, right, enjoyed our free Pirate Cove kids' event at this year's Waterland Festival.**



**Kaylene Moon, left, and Becca Shelton exemplified the value of giving back. We miss them dearly.**



**Left: Legacy directors Gene Achziger, Yoshiko Grace Matsui, and President Patrice Thorell present Mayor Traci Buxton with \$25,000 to refurbish the Field House Park play equipment.**



# RECREATION CLASSES & PROGRAMS

## YOUTH ACTIVITIES

### Youth Open Gym - Basketball

Keep your basketball skills sharp by putting in some extra hours on the court with your parent, or setting up a pickup game with your friends. \*\*This time is designated for open gym use by individuals and their parents/guardians, not as extra practice time for teams or groups\*\*

- Mondays, 4:30-6pm
- Ages: 5-17 w/Adult Guardian
- Prices: \$3.00 drop in, \$25.00 for 10-visit punch pass
- No Program Days: November 11th (Veteran's Day)
- Location: Field House Gym

### Youth Basketball League

Hoop season is here! Join us in learning the basics of basketball while playing in an effective team building and competitive environment! Your player will practice one weeknight evening per week, and have games on Saturdays at the Field House or local schools.

Register online today at our website, [www.desmoineswa.gov/daysmart](http://www.desmoineswa.gov/daysmart).

\$10 Early Bird Discount ends September 27th!

- Divisions: Coed Kindergarten, Coed 1st-2nd Grade, Boys 3rd-4th, Boys 5th-6th, Girls 3rd-4th, Girls 5th-6th
- Registration Open: Sept. 3rd - Nov. 5th
- \$10 Early Bird Discount: Sept. 3rd - 27th
- First Week of Practice: Dec. 9th\*
- First Games: Jan. 10th, 2025\*
- Last Games: Mar. 15th, 2025\*
- Prices: \$120R / \$135NR
- Location: Field House OR Local Elementary/Middle School Gyms

Could vary based on cancelled or rescheduled games throughout the season.

### Skyhawks Sports Programs



Skyhawks is the country's leader in providing a safe, fun, and skill-based sports experience for kids between the ages of 1.5 and 14. All Skyhawks programs take place at the Field House unless participants are notified otherwise. Register online today at [www.skyhawks.com](http://www.skyhawks.com), you can find our programs by searching for programs in our zip code, 98198. Please note that there will be an additional \$10 registration fee for any registrations within 5 business days of the program start.

- Youth Tennis
- Ages 5-8, Tuesdays, 9/17-10/8 (four classes), 5-5:45pm, \$69
- Ages 9-13, Tuesdays, 9/17-10/8 (four classes), 6-6:45pm, \$69
- Multi-SportTots (Basketball & Soccer)
- Ages 1.5-2.5, Mondays, 9/16-10/21 (six classes), 10:30-11:05am, \$89
- Ages 2.5-3.5, Mondays, 9/16-10/21 (six classes), 11:15-11:50am, \$89
- Ages 3.5-5, Mondays, 9/16-10/21 (six classes), 12:00-12:35pm, \$89

## 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

DES MOINES PARKS & RECREATION

FUN FOR ALL AGES!

# TRUNK-OR-TREAT

OCTOBER 28, 2024

5-6:30pm

Interested in hosting your own plot?  
Email us at [recreation@desmoineswa.gov](mailto:recreation@desmoineswa.gov)  
for more information!

Steven J. Underwood Park, 21800 20th Ave S, Des Moines, WA 98198





# DES MOINES POLICE DEPARTMENT

GPS TEAM

## BLANKET, SOCKS AND GLOVES DRIVE

NOVEMBER 4 – 22, 2024.



**BRING NEW BLANKETS, SOCKS AND GLOVES OF ALL  
SIZES TO DROP-OFF LOCATIONS.**

**\*NEW ITEMS\***

All donations will be collected and distributed by The Des Moines Police Department officers and GPS (Getting People Services) team to the unhoused community in need in the City of Des Moines.

### **DROP-OFF LOCATIONS:**

Des Moines Police Department  
21900 11th Ave S., Des Moines, WA.

Des Moines Library  
21620 11th Ave S, Des Moines, WA.

Woodmont Library  
26809 Pacific Hwy S, Des Moines WA.

Des Moines Local Churches  
Check with your local church to see if they are part of the drive.







# Places to PLAY in Des Moines

-  **Playground**
-  **Picnic Tables**
-  **B-ball Court**
-  **Bathrooms**
-  **Benches**
-  **Workout Equip.**



## Cecil Powell

5 250th & 13th Pl S



## Kiddie/City

5 230th & 21st Ave S



## Midway

29th Ave S & S 221st



## Parkside

2518 S 244th



## Steven J. Underwood

21800 20th Ave S



## Water Tower

504 S 208th St.



## Westwood

19213 6th Ave S



## Wooton

28202 9th Ave S



# RECREATION CLASSES & PROGRAMS

## ADULT AND TEEN ENRICHMENT

### Babysitter's Training

Come learn the important skills it takes to be a babysitter and care for younger kids. You will learn basic injury prevention and first aid skills, the stages of child development, the business of babysitting, and fun games & activities to keep kids entertained.

- November 1st, 9am-3pm
- Ages: Teens, 11-17y
- Prices: \$56R / \$61NR
- Location: Field House Classroom

### Middle School Self Defense Class

This two-hour personal safety class teaches simple and effective techniques to expand personal awareness, improve risk reduction skills and learn some hands-on actions to maximize your strength. This is not a martial arts class nor does it require you to have experience, this training is for anyone who wants to be safe. Register online at [www.desmoineswa.gov/daysmart](http://www.desmoineswa.gov/daysmart).

- EITHER Friday, Sept. 20th OR Sept. 27th, 3-5pm
- Ages: Middle Schoolers, 11-15y
- Prices: \$10 per Participant
- Location: Field House Studio

### Women's Self Defense REFRESHER Class

If you've taken a Self Defense class with the City of Des Moines's instructor Tonya Seaberry in the last few years, please join us for a FREE refresher class! We will be reviewing and practicing the skills we learned in prior classes, as well as providing even more techniques for protecting yourself. Registration is still required at [www.desmoineswa.gov/daysmart](http://www.desmoineswa.gov/daysmart).

- Wednesday and Thursday, October 2nd-3rd
- 6-8pm
- FREE
- Location: Field House Studio

### Basket Weaving

Learn to weave a Forest Friends Bowl, which is woven onto a wooden base with your choice of cute forest critters. This basket includes basic weaving with flat reed around round spokes, with a pretty woven border. The basket is primarily in natural tones but you will have your choice of color accents. While previous basket weaving experience helps, it is not a requirement.

- Saturday, October 12th, 12:00-3:00pm
- Ages: 16y+
- Prices: \$60R/\$65NR
- Location: Activity Center, 2045 S 216th St., Des Moines, WA 98198



### Good Manners - Basic Dog Obedience

Learn how to be a "Kind, Calm, Confident Pack Leader" and enjoy life with your puppy or dog by learning basic obedience and good manners. We focus on having a positive, fun relationship with your furry family member, training them how to sit stay, walk nicely on leash, and come when called, among other commands. We also discuss good manners to help with barking, chewing, jumping up, etc. Please join us, we are happy to help you and your doggo! Jan Magnuson - owner of Sunstar Dog Training and retired DMPD Animal Care and Control Officer.

- Wednesday Evenings, 6-7pm
- Prices: \$120R/\$129NR
- Location: Field House Gym
- Six-Week Class Sessions
- Fall A: Sept 4th, 11th, 18th, 25th, Oct 2nd, 9th
- Fall B: Oct 16th, 23rd, 30th, Nov 6th, 13th, 20th
- January 2025 sessions available online soon at [www.desmoineswa.gov/daysmart](http://www.desmoineswa.gov/daysmart)



We also offer Individual Training opportunities, a 90-minute class with Jan specifically tailored to your family and your pet's needs. More information and how to schedule those available at [www.sunstardogtraining.com](http://www.sunstardogtraining.com).

### Yoga with Georgeanne

Join Georgeanne for a for this yoga series for all skill levels designed to help free up your body, heart & mind! Classes always include a heart-inspiring theme, and sequences will incorporate both form and flow, so we will hold poses to feel alignment, and move intentionally with our breath between poses. Some blocks, straps and mats will be available to borrow during class, but please bring your own to ensure you have what you need. No previous yoga experience required, please come as you are! Pre-registration required at [www.desmoineswa.gov/daysmart](http://www.desmoineswa.gov/daysmart).

- Six Week Session, Thursdays
- Nov 7th, 14th, 21st, Dec 5th, 12th, 19th
- Ages: 16y+
- Location: Field House Gym
- More info coming soon!



### Indoor Drop-In Pickleball

A close to home option to keep up your pickleball skills throughout the winter. Games are played to 11 and then everyone rotates off of the court in this open play setting. The wood basketball floor is used as the court surface with temporary line markers to designate the two courts. Stay tuned for beginner clinics!

- Mondays & Wednesdays, 1-3pm
- Ages: 16y+
- Prices: \$3.00 drop in, \$25.00 for 10-visit punch pass
- Location: Field House Gym



## SPECIAL EVENTS



### Adult Open Gym – Basketball

Adult open gym basketball is a time to play pick-up basketball with other members of the community. Drop-ins welcome.

- Mondays, 6:30-8pm
- Ages: 18y+
- Prices: \$3.00 drop in, \$25.00 for 10-visit punch pass
- Location: Field House Gym

### Halloween Costume Swap

Bring a gently used Halloween costume (youth or adult!) to drop off at the Field House by October 1st to secure your ticket to our first ever costume swap! Costumes will be organized by size and your ticket will gain you access to our big swap event taking place on October 4th. Plenty of time before Halloween for you to put the finishing touches on your new-to-you costume!

If you are not interested in the swap but have gently used costumes to spare, please feel free to drop them off at the Field House to be worn and loved by another! All un-swapped costumes will be donated or saved for future year events.

### Trunk – Or – Treat

Looking for a safe and self-contained Halloween activity for your family? Look no further than Des Moines Parks & Recreation's Trunk-Or-Treat event presented by Land O' Frost! Local businesses and community members\* alike will decorate their plot at Steven J Underwood Memorial Park and have plenty of candy to share. Wear your costume and experience the tradition of trick-or-treating, all while appreciating the creativity of our decorated plots!

- Monday, October 28th, 5-6:30pm
- Steven J. Underwood Park, 21800 20th Ave S.
- All ages and Free to attend!

***\*If you are interested in hosting a plot, reach out to us at [recreation@desmoineswa.gov](mailto:recreation@desmoineswa.gov) for more information!***

### Breakfast with Santa

Join us for holiday activities, a delicious breakfast, photos with our special guest from the North Pole, and a chance to discuss your wish list with Santa himself! Tickets will be on sale Tuesday, November 12th so keep an eye on our next edition of the currents as well as our website for more information about the event. All children must be accompanied by an adult with a purchased adult ticket.

- Saturday, December 14th; Seating 1: 9-10:15am, Seating 2: 10:45am-Noon
- Location: Des Moines Activity Center, 2045 S 216th St
- Tickets are \$8 per person



## Fall Advance Community Academy

Did you attend our Basic Community Academy?

Great! Let us build on your experience – The advance sessions dive deeper into specific topics and allows more time for discussion!

Sessions will be on Tuesday evenings starting October 15th and conclude on November 5th. Session will start at 6pm ending around 8pm, giving plenty of time for in-depth discussion of each topic.

Space is limited so register today. Only requirement is you must have completed a Des Moines Police Basic Academy.

If you have questions, or would like to register, please contact (206) 870-7619 or email at [tseaberry@desmoineswa.gov](mailto:tseaberry@desmoineswa.gov)

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



**Des Moines Activity Center**  
**2045 S 216th Street**  
**Des Moines, WA 98198**

**Main: (206) 878-1642**

## DMAC Office Hours

**Monday–Friday: 8:00am–4:30pm**

## Closures

- **Monday, Sept. 2: Labor Day**
- **Monday, Nov. 11: Veteran's Day**
- **Wednesday, Nov. 28–29: Thanksgiving**
- **Wednesday, Dec. 25: Christmas**



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

## Refund/Cancellation Policies

**Cancellations for any fee must be made at least three (3) business days prior to the start of the trip or class for full refund. Program fees will be nonrefundable to registrants if canceled less than three (3) days prior to the start of the trip or class. During periods of inclement weather, we reserve the right to cancel trips. Please listen for the Highline School District report as we operation alongside school closures and delays.**

**\*\*All sales final, no refunds on advance ticket purchases.**



Click the QR code to head to our Senior Activity Center Facebook page, for updates, events and to register for exciting outings and more!

## What's Happening! Senior Community Events

### Birthdays, anniversaries or milestone with the Des Moines Activity Center!

Join us as we celebrate your special day with cake!

- *Every 1st Thursday of the month*
- *Time: 12 pm*



### Weekly Wednesday Walks!

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

- *Wednesdays, 10 am*

### Self-Defense for Seniors: Must-Know Info About How to Protect Yourself **FREE**

All fitness levels welcome. See Blueprint for Living Section for more information.

- *Tuesday, Wednesday and Thursday, October 8-10 & October 15-17, 10 am – 11:30 am, (9 hours of training)*
- *\* Please be prepared to come to all six class sessions as each day builds on the next. Space is limited, so only register if you can guarantee that time.*

### Community Shredding Event at the DMAC

Open to all residents. Maximum amount per person is 10 file-sized boxes of paper. See event flyer or call our office for further information.

- *Wednesday, October 16, 10 am – 2 pm*

### Happy Halloween at the Des Moines Activity Center!

Wear your costume or orange & black and join us for a spooky time!

- *Thursday, October 31, 12 pm*

### Celebrate Veteran's Day

Honoring our veterans, wear your spirit colors!

- *Thursday, November 7, 12 pm*

### Annual Holiday Bazaar at the DMAC

Join us for a fun filled day of holiday shopping. Open to the public. For more information, call (206) 878-1642.

- *Saturday, November 16, 2023, 9 am - 3 pm*

### Thanksgiving Lunch

Dining room opens as early as 9 am. Call the DMAC to reserve your seat.

- *Monday, November 21, 12 pm*



# An ideal location for a memorable Autumn event



**Surrounded by nature and water, our venue offers stunning autumn scenery and versatile spaces for weddings, corporate events, and family celebrations. Create unforgettable memories with us.**



Call us!  
206-870-9370



visit us!  
22030 CLIFF AVE SOUTH  
DES MOINES WA 98198





## Day Trips

Registration begins Thursday, August 29 at 10 am. Explore the Northwest and leave the driving to us! Age 50+ and travel days vary. **\*\*All sales final, no refunds on advance ticket purchases.**

### \*\* Day Sail Aboard Lady Washington, Olympia

Step aboard the Tall Ship Lady Washington and enjoy a 2-hour Day Sail! You'll experience sailing as done for hundreds of years. Learn about the history of American maritime exploration, join in on in a few sea shanties and if you're feeling adventurous, you can even join the crew in hauling lines and setting sails! Following the sail, we will have a no-host dinner at Budd Bay Café in Olympia.

- Date: Thursday, September 5
- Time: 11 am – 7 pm
- Cost: \$90
- \*Activity Level: EASY to MODERATE. Due to the nature of the tour, walking expected on boarding ramp and a few steps down into the deck. Not suitable for wheelchairs, walkers, and/or those who experience seasickness.



### Ed Hume Seeds Garden Tour, Puyallup

ED HUME is celebrating his 58th year as a gardening personality and still an avid garden. His weekly television show was the longest continuous-running gardening television show in North America and possibly in the world. We'll take an educational tour of the garden, greenhouse and warehouse. Following the tour, no-host lunch

- Date: Monday, September 9
- Time: 9 am – 2 pm
- Cost: \$35
- \*Activity Level: EASY, walking involved. Gravel pathways, not suitable for walkers and wheelchairs.



### \*\*Mt. Rainier Scenic Railroad

Take a journey through forest landscapes aboard a vintage train. Following the train ride, a no-host lunch at Cruisers Café in Eatonville.

- Date: Sunday, September 29
- Time: 8:15 am – 5 pm
- Cost: \$90
- \*Activity Level: EASY, standing, walking involved.

### Pike Place Market, Seattle

Shop and explore the season's best at Pike Place Market.

- Date: Tuesday, October 8
- Time: 9:30 am – 3 pm
- Cost: \$35
- \*Activity Level: EASY to MODERATE, walking and standing involved.

### Lucky Eagle Casino, Rochester

Play, Dine and Enjoy a day at the casino!

- Date: Thursday, October 17
- Time: 9 am – 4 pm
- Cost: \$40
- \*Activity Level: EASY

### Shopping the Outlets, Auburn

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

- Date: Thursday, October 24
- Time: 9:45 am – 3 pm
- Cost: \$25
- \*Activity Level: Easy, walking involved.



### \*\*The Washington State Fair, Puyallup

Mark your calendar. We are going to this year's Washington State Fair!

- Date: Monday, September 16
- Time: 9:30 am – 4 pm
- Cost: \$35
- \*Activity Level: EASY, standing, walking involved.

**YOU'LL LOVE**  
*Coming Home!*  
**BOULEVARD PARK PLACE**  
ACTIVE RETIREMENT LIVING

**FREEDOM**  
to live on your own

**COMPANIONSHIP**  
with active Seniors

**SECURITY**  
24/7 live-in managers

**206.243.0300**  
boulevardparkplace.com  
2805 S 125th St  
Burien, WA 98168

**TOURS 7 DAYS A WEEK!**



## Transportation

### Seattle Chocolate Factory Tour, Tukwila

Explore chocolate-making machines and the start-to-finish creation of chocolate truffles and bars. Discover the history of chocolate, the untold stories of Seattle Chocolate Company, and learn how they invent new flavors. Wear comfortable walking shoes and no dangling jewelry. Following tour, no-host lunch at

- Date: Tuesday, October 29
- Time: 9:15 am – 2 pm
- Cost: \$35
- \*Activity Level: MODERATE. Stairs up to the viewing platform and walkway may pose a difficulty to persons with mobility restrictions. No wheelchairs or walkers.

### \*\*Seattle Aquarium, Seattle

Experience the new Seattle Aquarium Pavilion, the Coral Triangle! Ticket includes access to the entire Seattle Aquarium campus. No-host lunch at The Fisherman's Restaurant following aquarium visit.

- Date: Wednesday, November 5
- Time: 9 am – 4 pm
- Cost: \$65
- \*Activity Level: EASY, standing, walking involved.

### \*\*Pierce College Science Dome, Lakewood

Explore the night sky, fly through the solar system, explore the universe, and learn about new astronomical discoveries at the Pierce College Science Dome! Tour includes a live planetarium presentation and full dome video. Following tour, no-host lunch at Topside bar & Grill.

- Date: Wednesday, November 13
- Time: 9:45 am – 4 pm
- Cost: \$50
- \*Activity Level: EASY, walking involved.

### AARP Smart Driver Class

Age 50+. Discover how to be more aware in today's traffic. Reinforce 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 our Lunch Program. Suggested donation per meal; \$4.50.

- Payment collected on first day of class in either check or cash. Must attend both classes. Seats are limited, registration required
- [\$20 AARP Member/\$25 AARP Non-member]
- Session 1: Wednesday, Sept. 25 and Thursday, Sept. 26, 9 am – 1:30 pm
- Session 2: Wednesday, Oct. 23 and Thursday, Oct. 24, 9 am – 1:30 pm

SAVE THE DATE

**12 DAYS OF GOODNESS**

Monday, December 16, 2024 2 PM · 3:30 PM  
Des Moines Activity Center  
2045 S. 216th Street, Des Moines WA 98198  
Registration Opens November 21

Logos: 12 Days of Goodness, Des Moines Activity Center (friendship • fitness • fun)



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](http://www.vivianbaedds.com)

## Out to Lunch

Registration begins Thursday, August 29 at 10am. Ages 50+. Enjoy a no-host lunch at new and old favorite eateries around the Sound. All lunch/dinner outings will be considered as walk-ins and may or may not be seated in a group setting. May be subject to restaurant's automatic gratuity charge. \$15 transportation fee.

Estimate of entrée and/or appetizer, exclusive of drinks and tips. Please review the restaurant menu.

\$ = \$25 and under    \$\$ = \$25 to \$40    \$\$\$ = \$40 to \$55    \$\$\$\$ = \$55 and over



The Old Spaghetti Factory

### The Bistro at Windmill Gardens – Sumner \$-\$\$

- Friday, September 13, 10:15 am – 2 pm
- Menu: [www.windmillbistro.com](http://www.windmillbistro.com)

### Harbor Lights – Tacoma \$\$-\$\$\$

- Thursday, September 26, 10:15 am – 3 pm
- Menus: [www.anthonys.com/restaurant/harbor-lights](http://www.anthonys.com/restaurant/harbor-lights)

### The Sandbar and Grill – Tacoma \$-\$\$

- Friday, October 11, 10:30 am – 2 pm
- Menu: [www.thesandbarandgrill.net](http://www.thesandbarandgrill.net)

### Derby Restaurant - Seattle \$-\$\$

- Tuesday, October 22, 10:15 am – 2 pm
- Menu: [www.derbyrestaurants.com/seattle/menu](http://www.derbyrestaurants.com/seattle/menu)

### Harvest Buffet - Tacoma \$

- Friday, November 8, 10:30 am – 2 pm
- Menu: [www.harvestbuffettacoma.com](http://www.harvestbuffettacoma.com)

### The Old Spaghetti Factory - Tacoma \$-\$\$

- Tuesday, November 19, 10:15 am – 2 pm
- Menu: [www.osf.com/food](http://www.osf.com/food)

## Ongoing Activities

Ongoing activities are at no cost. Donations are accepted.

### Hand and Foot

- Mondays
- 11 am – 2 pm



### Adult Coloring & Painting Club

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

- Tuesdays
- 10 am – 11 am

### Kat's Crafting Corner

We'll have a variety of crafting supplies to help you get started from beads, fabrics, stickers and more! Show us your creative side! In loving memory of Kat Kennedy.

- Tuesdays
- 10 am – 11 am



### American Mahjong

- Wednesdays
- 12 pm – 2 pm



## 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.

**Download your Get Ready King County Template TODAY!**







# HELP PROTECT OUR WATERWAYS

## VOLUNTEER FOR THE STORM DRAIN MARKER PROGRAM!

Did you know that storm drains in our community lead directly to our local waterways, such as the Puget Sound? Polluted stormwater can have harmful impacts on fish, wildlife, and humans. But there's something you can do to help! We're looking for volunteers to join our Storm Drain Marker Program and help spread awareness about the importance of keeping our stormwater clean.

As a volunteer, you'll be trained to install markers on storm drains throughout our community. These markers will remind our neighbors that what goes down the drain can have a big impact on our environment. By participating in this program, you'll be taking a proactive step towards protecting our waterways and improving the health of our community.

Join us in making a difference! To volunteer or learn more about the Storm Drain Marker Program, contact Michael Posey at 206.870.6565 or [mposey@desmoineswa.gov](mailto:mposey@desmoineswa.gov).





## Stress Free Technology

### Tech Help with King County Library System

Have a tech issue? Bring your portable device over to the Des Moines Senior Center where you'll be connected with our tech-savvy librarian, Beatriz. Kind reminder, we cannot fix computer hardware problems or download software for you, but we are able to show you how to compose an email, download eBooks, use your iPhone or tablet, create Google Docs, and similar techie tasks. Appointments required. Call the Des Moines Activity Center to schedule your 15-minute appointment.

- 2nd Wednesday of the month
- Time: 12 pm – 1 pm

## Health and Fitness

**Registration begins Thursday, August 29 at 10 am. During periods of inclement weather, we reserve the right to cancel classes and activities. Please listen for the Highline School District report as we operation alongside school closures and delays.**

### EnhanceFitness

EnhanceFitness focuses on dynamic cardiovascular exercise, strength training, balance, and flexibility. Wear your sneakers, bring a towel and bottled water. Enhance Fitness class is free to Kaiser Permanente Medicare Advantage members. Check eligibility with your insurance company.

- Mondays
- September 9 – September 30
- October 7 – October 28
- November 4 – November 25
- Times: 9:30 am – 10:30 am
- Cost: \$25/4-week series  
\$7/drop in fee

### Tai Chi

Join instructor John Lindsay in this class that blends exercises for health benefits, longevity and fun. This class is broken down into Introductory Levels and Continuation Levels. The class familiarizes students with the basic movements of Tai Chi and explores the 24-pattern sequence. The emphasis is on the no-impact, relaxed flowing movements, which aid in balance, increased strength and vitality. Wear comfortable, loose clothing.

- Tuesdays & Thursdays
- August 27 – September 19
- September 24 – October 17
- October 22 – November 14
- Time: 1 pm – 2 pm
- Cost: \$60, 4 weeks, 8 classes

### MEDICAL LENDING CLOSET

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

**SAVE THE DATE!**  
**DES MOINES ACTIVITY CENTER**  
**HOLIDAY**  
**BAZAAR**

**Crafters and Vendors Needed**

**SATURDAY, NOVEMBER 16, 2024**  
**9:00 AM - 3:00 PM**

**DES MOINES ACTIVITY CENTER**  
**2045 S. 216TH STREET**  
**DES MOINES, WA 98198**

For more information or to register, please contact the Activity Center:  
(206) 878-1642  
seniors@desmoineswa.gov



## Health & Social Services

All services are at no cost unless stated.

### Caregiver & Grief Support Group

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. No registration necessary.

- Every 2nd and 4th Tuesday of the month
- Time: 11 am – 12 pm

### Social Worker, Referral Services

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

- Mondays
- 9:30 am – 10:30 am in-person appointments, by phone or email
- 10:30 am – 1 pm



### Foot Care

Please call DMAC to schedule your appointment.

- 1st & 3rd Wednesdays
- Time: 9 am – 1 pm
- Cost: \$35 for a 30-minute appointment

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

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

- 3rd Mondays
- Time: 9 am – 12 pm

### Senior Community Health Screening for Ages 55+

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

- 2nd Mondays
- Time: 10 am – 1:30 pm

### Meals on Wheels

If you need additional food support, Meals on Wheels provides nutritious meal delivery at no cost for people ages 60-plus who qualify. The Senior Center operates this program in coordination with Sound Generations. To sign up or to volunteer, visit [soundgenerations.org](http://soundgenerations.org).



### Des Moines Elder Law

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.

- 3rd Thursdays
- Time: 10 am – 11:30 am



kenner dental group  
COSMETIC AND RESTORATIVE DENTISTRY



Accepting New Patients  
for a Unique Dental  
Experience

We offer a full line of  
Cosmetic treatments  
along with Sedation  
Dentistry and General  
Dental care.

No Insurance? Ask about  
our office Wellness Plan.

**206-248-1339**

1800 SW 152nd Street, Suite 201  
Burien, WA 98166  
[www.kennerdentalgroup.com](http://www.kennerdentalgroup.com)

## Blueprint for Living

Registration begins Thursday, August 29 at 10 am. All classes are at no-cost unless stated.



### Writing Circle

Get together with other writers to connect and learn new skills. Bring your paper, pen, or laptop to work on your own work or craft a response to writing prompts. Afterwards, we will have time to share and provide feedback. For writers of all genres and skill levels. Facilitated by your local librarian from the Des Moines Library. No registration necessary, walk-ins welcome.

- 2nd Wednesday of the month
- Time: 1 pm – 2 pm

### Self-Defense for Seniors: Must-Know Info About How to Protect Yourself

*Programming presented by the City of Des Moines Police Department*

Everyone deserves to feel secure. That's why self-defense for seniors is such an important topic. As people age, their bodies tend to get slower and weaker, which can make them vulnerable to attacks by criminals. Fortunately, there are a variety of good tactics that older adults can learn in order to protect themselves. All fitness levels welcome.

- *\* Please be prepared to come to all six class sessions as each day builds on the next. Space is limited, so only register if you can guarantee that time.*
- *Tuesdays, Wednesdays and Thursdays, October 8 -10 & October 15 -17*
- *Time: 10 am – 11:30 am, (9 hours of training)*

### Caregiver & Grief Support Group

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. No registration necessary.

- 2nd and 4th Tuesday of the month
- Time: 11 am – 12 pm

## Volunteer Opportunities

The Activity Center could not operate at the level it does without volunteers. We have many opportunities for you to get involved within your community. Lunch provided. For more information, contact (206) 878-1642.

- Kitchen Volunteers
- Dining room set up
- Lunch Hostess
- Special Events Team
- And many more!

## Lunch at the Des Moines Activity Center

### 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. Dining room opens at 9 am.

- Monday – Thursday
- Time: 12 pm – 1 pm, lunch served 12 pm – 12:30 pm



DES MOINES PARKS & RECREATION'S FIRST

# COSTUME SWAP

Donate a clean, gently used Halloween costume, mask, or accessory (for any age!) to receive a ticket to *the swap event*, where you will take home a new-to-you costume of your dreams!

DONATE ITEMS BY  
OCTOBER 1ST





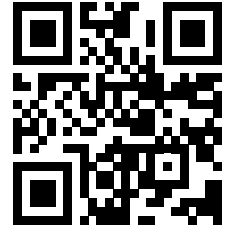



ATTEND THE SWAP  
OCTOBER 4TH

COSTUMES MUSIC REFRESHMENTS

PLEASE FEEL FREE TO DROP ITEMS OFF EARLY AT THE FIELD HOUSE SO WE CAN GET THEM ORGANIZED AND READY FOR YOU ON THE 4TH!





# Shake Out.

## Don't Freak Out.



**DROP!**



**COVER!**



**HOLD ON!**

**October 17, 2024**

**Shake  
Out**<sup>TM</sup>

Register at **ShakeOut.org**



# YOUR RETIREMENT SUCCESS NEEDS A PLAN. DO YOU HAVE ONE?

A **successful retirement** looks different for everyone. At Sunrise Financial Services, you won't find your typical financial advisors. We focus on helping YOU define what success looks like for you and your family. From there we help you develop a *personalized Retirement Income Plan* you can feel confident in, so you can stop wondering and start living YOUR Retirement Success Story.

**You might benefit from our services if:**

- **You are retired or within 5 years or retirement**
- **You are interested in getting a second opinion on your portfolio**
- **You want more personalized service than you're currently getting**
- **You are worried about the market, interest rates and inflation and how they might affect your retirement savings**
- **If you have questions or need help with MEDICARE options**

Call **(206) 420-8520** or email **office@sunrisefinancial.net**  
to schedule your complimentary consultation today.

431 SW Ambaum Boulevard, Burien WA 98166 | Website: [www.sunrisefinancialservices.net](http://www.sunrisefinancialservices.net)



Securities and advisory services offered through Madison Avenue Securities, LLC. (MAS). Member FINRA/SIPC. A Registered Investment Advisor. MAS and Sunrise Financial Services are not affiliated companies. Investing involves risk, including the potential loss of principal. No investment strategy can guarantee a profit or protect against loss in periods of declining values. We may not be able to offer every Medicare plan available in your area. Any information we provide is limited to those plans we can offer in your area. Contact Medicare.gov or 1-800-MEDICARE to get information on your options. Sunrise Financial Services, LLC is not affiliated with or endorsed by the U.S. government or federal Medicare program.