

Rec'n Roll **STARTING ON PAGE 18**



DES MOINES

SPRING 2019

CITY CURRENTS

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

Senior Activities
SEE PAGE 26

**Spring and Summer
Community Events**
SEE PAGE 31

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equally
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Beyond birthing, you'll also find comprehensive women's care for every stage of your life, right here!

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Or, go to chifranciscan.org/baby.

Highline Family Birth Center offers:

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- Breastfeeding support with our certified lactation consultants
- Obstetrical, midwifery and high-risk pregnancy care
- Personalized birth plans
- Spacious, private birthing suites
- CenteringPregnancy® Prenatal Group Program

chifranciscan.org/baby

In collaboration with



Starting on Page 18

Your Guide to Des Moines Parks, Recreation & Senior Services

Check out the **SPRING** schedule.

- Club KHAOS, Before- and After-School Care—Page 18
- Senior Activities—Page 26
- Spring and Summer Community Events—Page 31

Rec'n Roll



2019 Spring

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UPCOMING LIFEGUARD TRAINING

APRIL 8–12, Noon–8:00 pm

NEED A JOB THAT FITS YOUR SCHEDULE?

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- Now hiring swim lesson instructors and lifeguards
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- Course fee waived for participants willing to make a six-month commitment
- **Not a great swimmer?** Call about free swim training



MOUNT RAINIER POOL, DES MOINES POOL METROPOLITAN PARK DISTRICT
22722 19th Ave S, Des Moines WA 98198
206-824-4722 | Lauryne.bartlett@desmoinespool.org



Council Highlights

DES MOINES CITY COUNCIL



Matt Pina
Mayor



Vic Pennington
Deputy Mayor



Robert K Back
Councilmember



Luisa Bangs
Councilmember



Matt Mahoney
Councilmember



Traci Buxton
Councilmember



Jeremy Nutting
Councilmember

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

CITY COUNCIL HIGHLIGHTS FROM NOVEMBER–JANUARY Ordinance 1707–1712 Resolution 1393

Held Public Hearings:

- 2019 General Property Tax Levy, Ordinance No. 1708 & 1709
- 2019 Annual Budget, Ordinance No. 1710
- 2018 Operating and Capital Budget, Ordinance No. 1711
- 2035 Comprehensive Plan and Preferred Land Use Map, Ordinance No. 1712
- South 216th Street Rezone

Approved the Following Action:

- 24th Avenue S Rectangular Rapid Flashing Beacon Midblock Crossing Improvements
- Interlocal Agreement to Provide Municipal Court Service for the City of Normandy Park
- Ecology's Shoreline Master Program Periodic Review Grant Amendment
- Purchase Agreement for Marina Harbor Boat
- Regulating Use of the Redondo Boat Launch, Ordinance No. 1707
- 2019 City Council Legislative Priorities and Intergovernmental Policies and Positions

- Washington State Boating Facilities Program Grant Acceptance for Improvements at the Redondo Boat Ramp, Resolution No. 1393
- Des Moines/King County Conservation Futures Interlocal Agreement Amendment
- 2019-2020 Recycling Program Grant Funding
- 2019 Consultant Contract: BHC Consultants, LLC

- Des Moines/King County Conservation Futures Van Gasken Funds
- Consultant Service Contract Addendum #2 with the LA Studio at Blueline for Bidding and Construction Administration Services for Des Moines Play Areas
- Lease Agreement with Redondo Square GRF2, LLC for the Operation of a Des Moines Police Department Substation at Redondo Square
- Consultant Services Agreement with Avenu Muniservices to Perform an Audit of Utility Tax Payments and/or Utility Franchise Fees
- Citywide Arterial Traffic Calming Project—Equipment Purchase
- South 216th Street Segment 3 Construction Contract Award and Consultant On-Call Agreement Task Assignment for Construction Services

Other Action Taken:

- Bells of Peace Proclamation
- Arts Commission Appointment; Ray Fernandez & Sarah Vogel
- Held Leadership Retreat
- Children's Dental Health Month Proclamation



BALLPARK BANNER SPONSOR PROGRAM

To promote local business we place 4x8' banners at Steven J Underwood Memorial Park and/or the Field House Park. The program runs from April to November and businesses can have their banner fly for either one (1) year or three (3) years. Typically, these parks are booked solid from March through November so the banner would receive tremendous exposure. For more information or to participate in the program, please call 206-870-6547 or email jbtest@desmoineswa.gov.



From the Mayor



By Mayor Matt Pina

AS WE BEGIN 2019, IT'S HARD NOT TO REFLECT BACK on the many successes of 2018 while looking forward to the planned progress of 2019. I am proud of

what the team has accomplished and will recap many of the past year's highlights. I will also let you know of exciting things happening in 2019!

In summary, 2018 was a year of team strengthening and foundation building while 2019 focuses on continued forward momentum.

As we continue to strengthen our team at City Hall, we welcomed Ken Thomas as the City's new Police Chief; Adrienne Johnson-Newton, Human Resources Director; Beth Anne Wroe, Finance Director and Scott Wilkins was promoted to Harbormaster after the retirement of longtime Harbormaster Joe Dusenbury at the end of 2018. We also established a new position of Director of Emergency Management held by George Delgado. This furthers our efforts in emergency preparedness, enhances our ability to partner with other agencies involved in emergency management and helps to assure the City is well prepared for any situation that may arise.

In addition to welcoming our new Police Chief Ken Thomas, we added eight new police officers in 2018. Additionally, with the support of the Des Moines Police Foundation, we were also able to secure the funding for a new K9 officer. Our new K9 officer, Dez, arrived in late December. After three weeks of training in an accelerated course, which consisted of Dez, Officer Mike Boehmer and another experienced handler from Tacoma, a tough decision was made to return Dez back to the kennel in Alabama and at press time the City anticipates a new K9 to join the Department soon.

We all want our K9 to be the best fit for our Police Department and the community and this decision will make sure that high expectation is met and exceeded. Dez will most likely be trained for drugs or bombs since he has the desire to search. We know

Dez will be cared for and will find another great home. We will all miss him and we wish him the best.

Regionally, Chief Thomas has been working in partnership with federal agents as well as, state and local law enforcement officers to provide a high visibility police presence in the south end of town. In January, the City Council approved a lease agreement with Redondo Square at 272nd and Pacific Highway for the operation of a Des Moines Police Substation. This space will be online soon and used as a dual purpose facility. Des Moines uniformed on duty patrol staff will utilize this office space providing a decentralized police presence in Woodmont, Redondo and elsewhere in the city. This office space will also house several multijurisdictional task forces (including FBI agents and US Marshalls), that focus on violent crimes, gangs and gun violence.

The City's Senior Services management partnership with Wesley has been going very well. Program attendance and support is strong with a record number of classes and activities.

In the first quarter of 2019, the City Council hit the ground running by adopting specific policies to further our legislative priorities and intergovernmental positions. You can find each of these documents on our website at www.desmoineswa.gov/115/City-Council. Some highlights include: reauthorization of funding for the Marina North Bulkhead Project, updating the Department of Corrections incarceration

rates at SCORE (South Correctional Entity Regional Jail) and siting a second regional airport in Washington.

I am also happy to report that development activity and future growth opportunities remain strong. Here are some highlights:

- The Des Moines Theater renovation project continues to progress with most of the construction happening either inside the facility or in the alley. There is much to be done, but the theater's projected opening is in the Fall of 2020.
- Landscaping work and design is currently being done at the historic Van Gasken property.
- With the support of the Transportation Benefit District, the City completed its first pavement project in over 10 years with the South 223rd Street project. More paving projects are in the works along with speed management programs.
- On the marina floor, at the entrance of the Des Moines Beach Park, a magnificent sweeping view was created by removing a City owned house that was previously located on the bulkhead between the Marina and the Beach Park. The immediate plan for this space is to be an open space for the public to enjoy.

CONTINUED ON NEXT PAGE



Learn. Do. Live.

Contact us today to learn about programs at CWU-Des Moines.

**Building 29 at Highline College
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CWU is an EEO/AA/Title IX Institution. For accommodation email: DS@cwu.edu.



From the Mayor

CONTINUED FROM PAGE 5

- The Marina Bulkhead Replacement Project is in the first phase and the Landmark on the Sound (Masons) property is under contract and moving forward with a plan that will redevelop the property while maintaining the historic building.
- The Marina District and Phase I of the Community Connections Pilot program was initiated. Ridership has been very positive. Expansion to mid-day service and Saturdays will occur later in the year of 2019.
- We are also looking forward to the new Des Moines Elementary School site opening in the Fall of 2019 at the corner of 240th and 16th Avenue South where the old Zenith Park was located.

This is just a snapshot of all the wonderful things happening in our City. In as much as possible, we will continue to cover our progress through presentations, updates to the City website and information on social media.

The Des Moines City Council and the City Administration team appreciate your continued support. Please stop and say “hi” when you see us out and about. We enjoy meeting the community members we represent and look forward to seeing you at some of the upcoming events. You can find a listing of them in this issue of *City Currents*.

Thank you,
Matt Pina
Mayor and Councilmember
City of Des Moines, Washington

DES MOINES DIRECTORY

City Hall

21630 11th Avenue S
206-878-4595

Business Hours

Monday–Friday
8am–4:30pm

www.desmoineswa.gov



City Council

Matt Pina, Mayor	MPina@desmoineswa.gov
Vic Pennington, Deputy Mayor	VPennington@desmoineswa.gov
Luisa Bangs	LBangs@desmoineswa.gov
Robert K. Back	RBack@desmoineswa.gov
Matt Mahoney	MMahoney@desmoineswa.gov
Traci Buxton	TBuxton@desmoineswa.gov
Jeremy Nutting	JNutting@desmoineswa.gov

City Offices

City Attorney	206-870-6553
City Clerk/	
Communications Director	206-870-6519
City Manager	206-870-6541
Planning/Building	206-870-7576
Engineering	206-870-6522
Facilities Rentals	206-870-9370
Finance Director	206-870-6532
Marina	206-824-5700
Municipal Court	206-878-4597
Parks Administration	206-870-6527
Police Department	206-878-3301
Public Works/Park Maintenance	206-870-6559
Recreation	206-870-6527
Senior Services	206-878-1642

Other Numbers

Emergency	911
Animal Control	206-870-6549
Field House	206-870-6527
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

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DES MOINES

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Short Term Rentals

ARE YOU THINKING ABOUT HAVING A SHORT TERM RENTAL ON YOUR PROPERTY, or do you already have one? There are several types of short term rentals: a single room, an entire home, a "mother-in-law" apartment, or a detached dwelling, just to name a few. Your decision to have a short term rental may be affected by City ordinances regarding land use and building codes. The City of Des Moines has information to help you.

If you have ever looked at the Airbnb or VRBO websites, you have seen how many different ideas for accommodations are offered. Unfortunately, not all of those types of rentals are allowed in residential neighborhoods. You may want to roll a tiny home into your side yard and hook it up to your existing utilities, or remodel that spider infested basement or shed into a cozy space with a fancy new kitchen. Those may be great ideas, but if you are planning to make changes to part of your home or property to accommodate a short term rental space, it is important to talk with the Community Development Department before any work is done. Any accessory living quarters (ALQ) added to a parcel in a residential single family neighborhood must first be approved by the City, and be built under approved building permits. You will find Accessory Living Quarter information in our Municipal

Code (DMMC 18.55.140— Accessory living quarters (ALQ)) and an application on the City of Des Moines website under Land Use on the Permit Center page.

When you have zoning and building approvals and permits, you should apply for a single unit rental business license. A business license is required for all types of rentals except when renting a single room in an owner occupied home. You can apply online at www.desmoineswa.gov, print an application and mail it, or apply at the front counter of City Hall.



Your decision to have a short term rental may be affected by City ordinances regarding land use and building codes. The City of Des Moines has information to help you.

Bali Ha'i is Calling You

South Pacific Rainbow Bingo

Friday, March 22

5:30-9pm* Des Moines Activity Center

Call **206-878-1642** for more details

Nothin' like a...

- Hot Meal
- Rainbow Jell-O Shots
- Dessert Dash
- Prizes

For an Enchanting Evening





Proceeds benefit Des Moines/Normandy Park Senior Services & Job's Daughters International

Must be 21 and older



Featuring Dame Sylvia O'Stayformore

Single Dames and Sailors: \$25

8-Top Table Reservation (limited): \$150

Admission includes 12 Bingo Sheets

Meal: \$10

Cash Bar



ACTIVE SHOOTER

WHAT SHOULD YOU DO?

Des Moines Police Department will be offering FREE training on how to respond during an active shooter situation. These events are occurring at exponential rates in our society. We can no longer wonder if, but when it will happen and where will it occur. We believe citizens should be prepared so that they will know what to do.

Saturday, April 27, 2019, 10am-12pm

**Des Moines Police Department Public Meeting Room
21900 11th Ave S, Des Moines, WA 98198**

**Register by calling Tonya Seaberry at 206-870-7619
or email tseaberry@desmoineswa.gov**

Space is limited



Spring Citizen Police Academy

March 26–May 28, 2019
6:30–9pm

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

This 10 week informational series designed to give citizens an inside, in-depth hands-on experience of law enforcement and policing in the City of Des Moines.

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

Enrollment is limited to 30 participants.

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

For more information contact CSO Tonya Seaberry, (206) 870-7619 or tseaberry@desmoineswa.gov

City of Des Moines Public Notice

The Des Moines City Council is accepting applications for potential candidates for appointment to the Des Moines Arts Commission. The term will be four members for three years. Members serve without compensation. Applications will be accepted until all vacant positions are filled.

Interested persons should contact the City of Des Moines Events and Facilities Coordinator for details on scope of duties and an application form. Completed applications should be mailed to 21630 11th Avenue South Suite A, Des Moines, WA 98198, attention City Clerk.

The online version of the application can be printed from the City of Des Moines website at www.desmoineswa.gov (search Arts Commission Application).

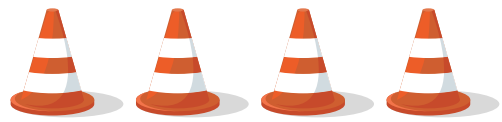
*Shannon Kirchberg, Events and Facilities Manager
206-870-9370*



MEMORIAL BENCH DONATION PROGRAM

The City installs and maintains many park benches throughout the city. The Bench Donation Program allows citizens and businesses to dedicate a bench to a family member or friend for a ten-year timeframe. If you are interested in purchasing a bench to honor someone you know, please phone 206-870-6547 for more information or email jbtest@desmoineswa.gov

Spring Construction Updates



S 216th Street— Segment Three Construction 11th Ave S to 20th Ave S

For the entire year, the City will be reconstructing **South 216th Street between 11th Avenue South and 20th Avenue South**. Traffic impacts are expected to be significant along South 216th Street, especially between the hours of 9:00 AM and 3:00 PM, Monday thru Friday. Alternate routes are advised.

The South 216th Street improvements include a context sensitive streetscape theme, widened roadway, enhanced pedestrian crosswalks, utility undergrounding, center turn lane, bicycle lanes, sidewalks, curb & gutter street lighting with decorative features, landscaping, and other urban design features. Designed to implement the City's Comprehensive Plan, these multi-modal improvements complete the transportation 'Gateway' to the downtown Marina District supporting sustainable economic growth and development in the North and Central parts of the City.

If you have any questions, contact the City's Construction Project Manager, Scott Romano, at 206-870-6539.

Des Moines North Marina North Bulkhead & Restroom Construction

Pending final permit approval, the City will be reconstructing the failing north bulkhead of the **Des Moines Marina** beginning summer 2019. Construction is expected to take approximately 1-year and will impact 30% of the north parking lot. Vehicular and pedestrian access will be maintained to the greatest extent feasible around the construction site. The fishing pier is anticipated to remain open, with closures occurring during construction activities in the immediate vicinity. The public restroom facility located adjacent to the fishing pier will also be demolished and reconstructed near the breakwater in the southwest corner of the parking lot.

The proposed improvements include new bulkhead(s), new restroom facility, widened sidewalks, context sensitive urban design amenities, landscaping, and a signature feature near the fishing pier. Similarities with the most recent bulkhead project, complete in 2010, will be noticeable and increased pedestrian access between the Marina and Beach Park is a primary focus.

If you have any questions, contact the City project manager Andrew Merges at 206-870-6568.



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Community Emergency Response Team

THE CITY OF DES MOINES IN PARTNERSHIP WITH SOUTH KING FIRE AND RESCUE (SKFR) has been conducting a "Community Emergency Response Team" (CERT) training course. Participants learned how to prepare their homes and neighborhoods to respond to a major emergency or disaster. These weekly classes began Wednesday January 16 and continued through February 27. The final drill testing participants' newly acquired skills took place on March 2.



Through CERT, the capabilities to prepare for, respond to and recover from disasters is built and enhanced.

The CERT program was designed as a grassroots initiative and specifically structured so that the local and state program managers have the flexibility to form their programs in the way that best suits their communities. CERT volunteers are trained to respond safely, responsibly, and effectively to emergency situations, but they can also support

their communities during non-emergency events as well. FEMA's Community Emergency Response Team Program trains volunteers to prepare for the types of disasters that their community may face. Through hands-on practice and realistic exercises, CERT members:

- Learn how to safely respond to manmade and natural hazards
- Help organize basic disaster response
- Promote preparedness by hosting and participating in community events

The Community Emergency Response Team (CERT) program educates volunteers about disaster preparedness for the hazards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. CERT offers a consistent, nationwide approach to volunteer training and organization that professional responders can rely on during disaster situations, which allows them to focus on more complex tasks.

This course was limited, and first consideration was given to residents of the City of Des Moines. The class was full with a total of 30 participants. The City of Des Moines and South King Fire have been extremely pleased with the demand from the community wanting to participate in this training session and were very pleased with the first Beta Test class; additional classes are planned for more of its citizens. If you or someone you know is interested in additional information about the CERT Training Class or future CERT Training Classes please contact us at Cert@desmoineswa.gov.



Community members learned skills to increase their preparedness in case of an emergency or disaster.

STAFF COMINGS & GOINGS

COMING

Tawni Drumm	Office Specialist
Kathleen Berrens	Executive Assistant/Office Administrator
Ryan Kolbrick	Maintenance Worker I
Joshua Martin	Maintenance Worker I
Ryan Niemi	Building Inspector/Plans Examiner
Jacob Lilley	Police Officer I
Mark Hake	Police Officer I

GOING

Vicki Sheckler	Paralegal
Lorraine Cottrell	Accounts Payable
Joe Dusenbury	Harbormaster

We go door to door to promote your business.

DES MOINES

CITY CURRENTS

To advertise or for more information, contact Greg Borland at 206-979-6928 or greg@philipspublishing.com



Modeled after Neighborhood Watch, **Business Watch** takes the “neighbors looking out for neighbors” concept

to the commercial level, creating a partnership between business, law enforcement, and other organizations that represent business interests.

The Business Watch philosophy is straightforward—take control of what happens in your business community and lessen your chances of becoming a victim. Business Watch actively reduces and prevents crime through cooperation and education.

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

Saturday, April 20, 2019
EARTH DAY CELEBRATION
 at SALTWATER STATE PARK

Sponsored by Friends of Saltwater Park

Activities at the park for all ages include:

- 11:45 Scuba Dive Low Tide Splash Time
- 12-4:00 Crafts/Nature Activities/Displays/Marine Life/Photo Blitz
- 1:00 Live Music
- 2:00 Hike in the Woods ~ 1.5 miles
- 2-3:00 Beach Walk
- 3:00 Plant a Tree or Shrub

Parking: Need day pass/Discovery Pass

Email Questions to: friends.saltwater.statepark@gmail.com



Earth Day is Monday, April 22 however we are celebrating it **Saturday, April 20, 9am–noon**. The City is coordinating clean-up activities in Parks and on side streets in the downtown corridor. There are also a number of activities at Saltwater State Park to participate in. Volunteers or businesses who would like to participate should contact jbest@desmoineswa.gov or phone 206-870-6547 for more information. *Thank you—make a difference and volunteer!*





STREET BANNER PROGRAM

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

Spring 2019 Residential Collection Events

Recycling Collection Event

- March 23, 2019 9am to 3pm
- Des Moines Marina
- Visit www.desmoineswa.gov for accepted items

Curbside Clean Up

- Week of March 25th on scheduled collection day
- Residential customers may place an additional 96 gallons of garbage (3 cans or bags) out for collection at no additional cost
- Questions: Contact Recology CleanScapes at 206-762-4900 or desmoines@recology.com

Planning a Charity Car Wash? You will need one of these!

It's not just dirt... Car wash kits that prevent these materials from entering nearby storm drains are available for check-out from the City at no cost. Charity car washes operating within the City of Des Moines must have a car wash kit in place if there is a risk of discharge to the storm system. For residential car washing remember it is always best to wash your vehicle in a location that prevents the runoff from entering the storm system. For check-out procedures and questions, please contact the SWM department at 206-870-6565 or tkissler@desmoineswa.gov.



Wash Smart. Use a Car Wash Kit!

Marcus Whitman Presbyterian Church

In partnership with The Des Moines Police Department



Please Join us:
Saturday, May 18th, 2019
10:00am—1:00pm
Marcus Whitman Presbyterian Church
2130 South 248th Street
Des Moines WA 98198

This seminar will include information on:

- Personal safety
- Building security
- Active shooter responses for civilians.

Presented by:

MPO Nate Chevallier & CSO Tonya Seaberry
 Certified ALICE Active Shooter Instructors

The seminar is free! However, we ask that you please register in advance. To register please call 206-870-7619 or email tseaberry@desmoineswa.gov.





PROPERTY TAX RELIEF FOR SENIORS

DID YOU KNOW

Once granted, **property tax exemptions apply for four years**, unless your income increases.

Only 1 in 100 seniors/ disabled citizens who qualify apply for the exemption.

APPLY NOW.

Senior Citizens/Disabled Exemption (tax reduction or deferral)

QUALIFICATIONS INCLUDE:

- Annual household income of \$40,000 or less.
- Own and occupy a house, mobile home, condo or co-op.
- 61 years of age by December 31 of the previous year, or
- Retired because of a disability.
- See the form or helpful staff for other qualifications.

Once you qualify, you continue to benefit from the exemption. But you must report any change in circumstances to avoid penalties.

FOR INFORMATION, CALL 206-296-3920.

See the Des Moines Activity Center for assistance with the forms. Forms are available outside the front desk.



DES MOINES / NORMANDY PARK ACTIVITY CENTER

2045 S 216th Street, Des Moines WA | 206-878-1642 | www.desmoineswa.gov



King County

DEPARTMENT OF ASSESSMENTS

206-296-3920

Ask an Expert

By Master Animal Control Officer Jan Magnuson

Dog Safety Tips When You're Out on a Stroll

MANY OF US ENJOY STROLLING AROUND OUR BEAUTIFUL PACIFIC NORTHWEST, no matter what time of year or weather—lots of us are active, hardy folks who even like walking in the PNW rain! Whether we are walking our own dog on leash, walking by ourselves, with our kids, or with a group of friends, it is important to be as safe as possible if approached by a potentially aggressive dog.

As is often the case in life, thinking ahead, trying to prevent problems, being prepared, being observant, having situational awareness, and being ready and able to act if needed can help us to be safe on our daily walks around our lovely City of Des Moines. Keeping our “eyes and ears” open makes sure that we have plenty of time to act, or react, if needed. Being able to see or hear a potential dog issue ahead of time gives us a definite advantage in possibly being able to avoid a problem altogether—maybe choosing another route, going into a friend or neighbor’s home, or getting into our vehicle, helping us to avoid an uncomfortable dog situation.

I always recommend folks carry something with them to use as a barrier (called “barrier defense”) in case they are approached by a dog that could potentially be a threat—such as:

- A backpack or large purse;
- A large flashlight;
- A walking stick or cane;
- An umbrella, which is a great choice for a lot of folks—it is light, it can be used as a walking stick when collapsed, and when opened, can also be a visual deterrent to a dog approach.
- You can also take off your coat or sweatshirt and use that!

These items are best used when put between you and the approaching dog, so that you have a barrier in place—keeping the barrier up and moving as needed as the approaching dog moves, can be key to staying safe. We do not recommend “hitting” at the dog, but rather, keeping your barrier up as a shield—that way if the dog does lunge and try to bite, it will bite your barrier instead of you!



An umbrella is a smart method of “barrier defense” when you encounter a problem with a dog.

Some folks are comfortable speaking to the dog—you can try talking in a calm, friendly voice to see if the dog responds to you as a friend and stops its movement. You can also try being calm but firm, saying “no” or “sit” or “stay,” as some dogs may respond to commands.

Remaining calm is very important, although I know that is easier said than done! Dogs are pack animals and “mirror our energy—” if they are acting excited and aggressive, and then we also get upset, that can add to the problem and cause the dog to become even more agitated. Try to stay calm and in place for a time until the dog calms down too, and slows or stops. Then you can slowly begin to move on, keeping constant watch on the dog, keeping your barrier in place between you and the dog as you move.

Please do not turn your back on the dog, do not shriek or scream, and do not run! These behaviors may trigger the dog which can then result in it running after you and attacking you.

Any time a dog is loose and becomes a public safety threat, you may call 911 for an officer response. However, please remember that your first priority is to get safe—once your safety is assured, then let us at DMPD handle the dog problem, as that is what we do!

Please contact me if you have any additional questions or need further recommendations, as I am happy to help.

***—Master Animal Control Officer Jan Magnuson
206 870 6549, jMagnuson@desmoineswa.gov***

Storm Drain Marker Volunteer Program

COME HELP MAKE A DIFFERENCE IN THE COMMUNITY! Organizations or individuals can help raise public awareness, protect our water quality and reduce the amount of pollution by participating as a volunteer in our storm drain marking program. When it rains, water runoff collects oil, pet waste, grease, soaps and sediment, where it then enters into the storm drain system, polluting the surface water and the

environment. You can spend as much time as you wish and choose the area you want to mark. Volunteers must be at least 15 years old.

Instructions, maps and storm drain-marking supplies will be provided. For more information, please contact Tyler Beekley, Water Quality Specialist at 206-870-6869, tbeekley@desmoineswa.gov or Janet Best, Volunteer Coordinator at 206-870-6547, jbest@desmoineswa.gov.



EPIC VIEWS & LASTING MEMORIES



**BEACH
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**MT RAINIER POOL
FULL PAGE #1**

**MT RAINIER POOL
FULL PAGE #2**



Club KHAOS Kids Having An Outrageous School Year!

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

Grades K-6 Mon-Fri R/NR
Registration Fee: \$30/\$35

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

Federal Way School District Site:
Woodmont Elementary School

Financial Scholarships Available: Please call 206-870-6527 for detailed information, or look for advertisement in this publication!

Monthly sessions throughout the school-year calendar.

Wake Up in KHAOS

Start your child's day with friends and caring staff, a nutritious snack and a morning filled with enriching activities, individual and group playtime. **Must be registered to attend.*

6:30am-school starts

Dates	Highline	R/NR
Apr		\$247/\$300
May		\$306/\$371
Jun		\$175/\$212

Dates	Federal Way	R/NR
Apr		\$202/\$244
May		\$261/\$315
Jun		\$119/\$144

Drop-in Fee	R/NR
Highline Sites	\$17.50/\$21.25
Federal Way Site	\$14.25/\$17.25

Sunset in KHAOS

Relax knowing your child, fueled with a nutritious snack, will burn off that excess energy absorbed in lively games, seasonal arts, crafts and creative play. Time is set aside for homework. **Must be registered to attend. Must register for early release days separately.*

School dismissal-6pm

Dates	Highline	R/NR
Apr		\$204/\$247
May		\$233/\$283
Jun		\$146/\$177

Dates	Federal Way	R/NR
Apr		\$283/\$339
May		\$371/\$445
Jun		\$159/\$191

Drop-in Fee R/NR

Highline Sites	\$17.50/21.25
Federal Way Site	\$21.25/\$25.50
Highline Sites, Early Release Fridays	\$22.75/\$27
Federal Way, Early Release Wednesday	\$25/\$29.50

Sunrise to Sunset

Give yourself a worry-free day and a significant fee reduction. **Includes early release days.*

6:30am-6pm

Dates	Highline	R/NR
Apr		\$357/\$434
May		\$441/\$536
Jun		\$252/\$306

Dates	Federal Way	R/NR
Apr		\$363/\$437
May		\$469/\$565
Jun		\$213/\$257

Break Time

This is your solution to not having time off when your child does! Break Time provides a warm, caring and safe environment where friendships flourish and leadership skills blossom through participation in enriching experiences cleverly presented under the guise of arts, crafts, games, tutoring and reading. Children keep fit participating in active games and athletics. You send lunch, we provide nutritional snacks!

Field House, 6:30am-6pm

Day	Date	District	Camp Type
Fri	Mar 8	HL	No School
Thu/Fri	Mar 21-22	FW	Conferences
Mon-Fri	Apr 8-12	HL & FW	Spring Break

Daily Drop-in Fee R\$40/NR\$45

START PLANNING FOR SUMMER!
Check out the May issue for dates and pricing on Summer Camp KHAOS.

CAMP KHAOS



YOUTH LEAGUES

Tee-Ball

Registration starts March 1 and closes May 19.

Get out the leather glove, swing that aluminum bat and enjoy team building and social interaction! Focus is on developing hand-eye coordination through hitting, fielding, throwing and catching properly. Playing field and rules are modified to match participant age and skill levels.



Age 3-5 Tee-Ball
 Ages 6-8 Coach Pitch

Season Runs Jun 3-Aug 3

Des Moines Area Fields

Registration Dates R/NR

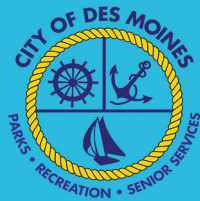
Mar 1-Apr 30 \$71/\$84
 May 1-May 19 \$81/\$95

For information about coaching, sponsorship and scholarships please call 206-870-6527.

Coaches Meetings

Tee-Ball

Tue May 14 6pm Field House



RECREATION SCHOLARSHIPS

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

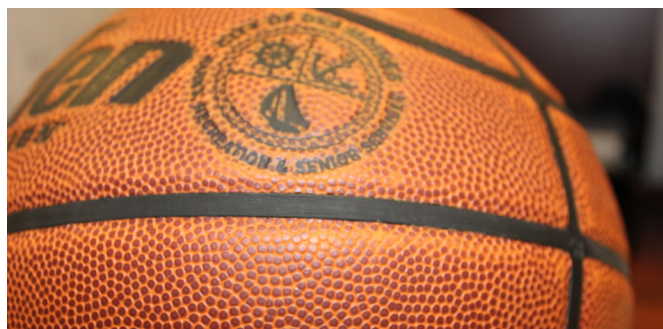
La Ciudad de Des Moines Parques de Recreación y Servicios para Personas Mayores se esfuerza por hacer que todos los programas y actividades sean accesibles a todas las personas independientemente de sus ingresos. Las becas se otorgarán con un descuento porcentual, dependiendo de las circunstancias individuales. Toda la información permanecerá confidencial.

Para ser elegible Para una beca, debe residir dentro de los límites de la ciudad de Des Moines, WA y cumplir con el tamaño de la familia / ingresos anuales. Reunión de solicitantes Las pautas de elegibilidad se otorgan hasta \$ 150 por trimestre por año calendario. Los residentes elegibles deberán presentar prueba de identificación, residencia, Y los ingresos. Los solicitantes de becas deben ser aprobados antes del registro. Llame al 206-870-6527 para más información.

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

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

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



YOUTH ACTIVITIES

Basketball Training Clinic

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

Grade 4-8	R/NR	Field House
Thu Apr 4-25	\$130/\$156	5:30-7pm
Thu May 2-23	\$130/\$156	5:30-7pm
Thu Jun 6-27	\$130/\$156	5:30-7pm

Indoor Tot Time

Keep your little ones active indoors as the weather turns with age-appropriate exercise and play! We will have fun tumbling mats, ride-on toys and age-appropriate sports equipment available on-hand. Join in the fun and watch them make new friends along the way. \$20 10-visit punch card or \$3/drop-in per child.

Mon/Wed	Ages 1-5	10am-12pm	Field House
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Tiger Kids Martial Arts Course Overview

Fee: All participants must pay the \$14 AAU Membership in addition to the individual course fees. Uniforms optional and available from the instructor. Instructor: Mitch Mayberry, International Champion, 9th-degree Master

Tiny Tigers Kung Fu & Taekwondo

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

Wed	Ages 3-6	Field House	R/NR
Apr 17-Jun 5	4:20-4:50pm		\$92/\$110
Jun 19-Aug 7	4:20-4:50pm		\$92/\$110

Tiger Kids/Family Martial Arts & Fitness

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

Wed	Age 7+	Field House	R/NR
Apr 17-Jun 5	4:50-5:30pm		\$92/\$110
Jun 19-Aug 7	4:50-5:30pm		\$46/\$55

*Colored belts 4:50-5:45

South Elite Rec Cheer Program

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

Tue	Ages 7-18	South Elite All Stars Kent, WA	\$159
Mar 5-May 28		6-7pm	
Jun 4-Aug 27		6-7pm	

South Elite Ninja Flips and Kicks

Come and work with our coach to learn new flips and tricks that you can use to navigate the Ninja Obstacle course. This 30 minute class will focus on beginning level tumbling skills, flips and tricks.

Tue	Ages 7-18	South Elite All Stars Kent, WA	\$39
Apr 2-23		5:30-6pm	
May 7-28		5:30-6pm	
Jun 4-25		5:30-6pm	

South Elite Princess Training

This beginning tumbling class is for all of our little princesses ages 4-6 years old! Learn beginning tumbling while attending class dressed as your favorite princess.

Sat	Ages 4-6	South Elite All Stars Kent, WA	\$59
Apr 6-27		11-11:50am	
May 4-25		11-11:50am	
Jun 8-29		11-11:50am	



TEEN

Des Moines Youth Council

Make new friends and gain leadership and organizational skills by participating in Des Moines Youth Council. The Council plans civic activities during the school year, and participants earn credits towards reward activities offered at the end of the year, such as trips to Wild Waves or Seattle Mariners games. Open enrollment year-round—request an application. Parents are invited to attend the first meeting. Call in advance to confirm meeting dates at 206-870-6582. Facilitator: Recreation Staff

Every other Thu 3–5pm Grades 6–8 Free Field House

Teen Dances

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

Fri	7:30–10pm	\$8	Field House
Mar 15	Neon Glow		
Apr 19	Hollywood		
Jun 7	Aloha Summer		

Better Babysitting Class

Participants receive the knowledge and confidence to care for infants to school-age children through videos, activities, hands-on training and discussion for a complete learning experience. Babysitter training teaches how to: respond to emergencies, make decisions, communicate with parents, manage children, feed, diaper, care for infants and start a babysitting business. Bring a sack lunch, and a snack, \$16.50 for materials fee to the instructor. Instructor: Gaylynn Smith, Pro Cert.

Sat	Ages 11-15	Police Station	R/NR
Mar 16	8:30-2:30pm		\$56/\$68
May 18	8:30-2:30pm		\$56/\$68

Open Gym Basketball

Every early release Friday open gym is available for all Des Moines middle/high school students. This will include full or half court pick-up games pending the amount of participants. No school=No open gym. Must have student ID.

Fri		Field House
Mar–Jun	1–4pm	\$3

EGGStravaganza

Enjoy a leisurely EGG HUNT!



Saturday, April 20
9–10am
The meadow in
Des Moines Beach Park

\$5

Fun crafts, activities, prizes and photo opportunities with the Easter Bunny. For children in 6th grade or younger. Children under five must be accompanied by an adult.

ADULT LEAGUES

Softball Leagues

Adult Men & Co-ed

Spring ball is approaching soon! Get to first base with your team and sign up for a 14-game season topped off with a single-elimination post-season tournament.

Registration Deadline **R/NR**
April 9 \$960/\$1,045

Coaches Meeting: April 9

Co-ed Recreation Division Monday evenings starts April 22.
Men's Recreation Division Tuesday evenings starts April 23.

Senior Adult Co-ed Softball

Now recruiting avid softball players for Des Moines recreational senior co-ed softball teams! Call 206-870-6527 for details. Age 50 and up. Player fees range between \$20–\$40 (determined after the sign-up and sponsor deadline).

Practices: Tuesdays/
Thursdays in April

Games On: Tuesdays/
Thursdays in May

Game Times: 10am

Practices/Home Games: Steven J Underwood Memorial Park
Away League Games: Fields throughout King County



***All dates and prices subject to change due to school district schedules.*

ADULT ENRICHMENT



American Boating Course

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

Ages 12+	Public Works & Parks Service Center
Sat Apr 13	8am–4pm \$40
	Sat Jun 15
	8am–4pm \$40



Dog Obedience

You love your dog, but all the chewing, jumping, barking and little “accidents” testing you? Dog Obedience should turn your little “terror” into a well-behaved pet. Proof of vaccination is required at first class. Instructor:

Jan Magnuson, Animal Control Officer, Champion Trainer.

Dogs 4+ months	Field House	R/NR
Wed Apr 17–May 22	7:15–8:15pm	\$95/\$105

AARP Smart Drivers Course

Discover how to be more aware in today’s traffic. Reinforce your good habits and iron out the bad habits that have crept into your driving pattern. Upon completion of the course, your certificate will get you a discount on your auto insurance as required by state law. Lunch break provides an opportunity to take advantage of the Nutrition Lunch Program. Pay by check or money order at the first class.

Age 50+	\$15 AARP Member/\$20 Non-member	Activity Center
Tue/Wed	Apr 16–17	10am–2:30pm



Beginners Smart Phone Workshops

Must bring in your smart phone to class. These classes are free workshops. Instructor: Natalie Lavoie, Recreation Specialist.



Basic Smart Phone Settings

Learn the basic settings on your phone and how to customize it to help make it easier to use. Ring tones, touch screen shortcuts, magnification, volume control, and contacts.

Mon	Apr 8	10–11am	Activity Center
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Basic App Skills

Learn how to install and use helpful apps.

Mon	Apr 15	10–11am	Activity Center
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Bring Your Shredding Event

This is a perfect event for getting rid of all those boxes, file drawers, and years of old paperwork you don’t want to simply throw in the recycling. This event is totally secure—you can even stay and watch your papers being shredded. Items accepted are: paper (staples ok) such as receipts, invoices, bills, bank statements, cancelled checks, file folders, and envelopes. No cardboard, newspaper, boxes, x-rays, or plastic. Sponsored by the Senior Services Advisory Committee.

Thu	Apr 18	11am–3pm	Activity Center
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Cornhole

Cornhole is a fun bean bag tossing game. If you’ve ever played horseshoes or enjoyed bowling, you may be a natural. Cornhole is an easy and fun game to learn that’s been popular with family and friends on the East Coast and Midwest for years. Come learn the game and have some fun practicing with others—there is no experience necessary. If enough folks really like playing, we may form a group that plays regularly.



Thu	May 2	11am–2pm	Activity Center
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Community Game—Cornhole

We’re playing with everyone in the community who wants to come strut their stuff or to learn how this game works. We’ll team people up according to experience, and then toss away. We’ll have silly prizes for levels—from the best to the wildest toss, or for the team that cheers for each other the loudest. Come see why this game is so popular.

Mon	Jun 17	11am	Activity Center
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Get Your ORCA Card— Senior and Disabled Reduced Fares

No need to go downtown! Come get your SENIOR reduced price ORCA card here... not available at the local vendors. Get your adult, senior and disabled regional reduced fare card. Must be 65 years of age for the Senior Reduced price (card is free). Once you have your card, you can add between \$5 and \$300 onto the card's e-purse, which works similarly to a pre-paid debit card and deducts the correct fare each time you tap. Cash, checks, and major credit cards accepted for e-purse payment. **Age 65+.**

Tue Apr 23 10am–12pm Activity Center



Learn to Ride Metro Transit Bus and Light Rail

Must pre-register and attend both Part 1 and Part 2. Held at the Activity Center, call (206) 878-1642 to register.

Part One: Classroom Presentation

Come hear how to ride and navigate the LINK light rail. Get useful tips on boarding, recognizing your stop, transferring from LINK to buses, paying for the ride, and planning your trip.

Thu	May 16	9:30–11:00	Spanish
Thu	May 16	1:00–2:30	English

Part Two: Group Instructional Outing

Practice riding the bus and the light rail with our group. The Metro instructor will escort you on a trip so you can practice riding the bus to the light rail. You'll ride the light rail to the UW, and make a practice stop along the way to experience getting on and off the light rail. **Outing leaves from the Activity Center.**

Fri	May 17	9:30am–12:00pm	Spanish
Fri	May 24	9:30am–2:30pm	English



ART WORKSHOPS

All art supplies are available for class use. All workshops held at the Activity Center.

Spring Floral Arrangement

Create a lovely floral arrangement to liven up your living room. Instructor: Charisse Gregory.

Fri	Apr 12	9–11am	\$20
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Paint a Bird House

Create a colorful home for the birds in your yard. Instructor: Natalie Lavoie.

Mon	Apr 22	10–11:30am	\$5
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Creative Collages

Use old magazines and newspapers to make an original design. Instructor: Natalie Lavoie.

Mon	May 6	10–11:30am	FREE
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Watercolor (pictured below)

The fun and easy way. Instructor: Susan Waite.

Tue	May 7–Jun 11	1–3:30pm	\$65
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Yarn Weaving Wall Hanging (pictured above)

Using wire hangers and yarn, weave an inspirational hanging. Instructor: Natalie Lavoie.

Mon	May 20	10–11:30am	FREE
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Pill Bottle Picture Holders

Repurpose your old pill bottles into cute photo holders.

Instructor: Natalie Lavoie.

Mon	Jun 3	10–11:30am	FREE
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MARK YOUR CALENDAR

REGISTRATION FOR SENIOR TRIPS AND CLASSES STARTS MONDAY, MARCH 11 AT 9AM.




ADULT FITNESS

15 Minutes of Fitness & Fun

Join us 30 minutes before we serve lunch for some fun low-impact fitness to get those muscles moving and work up an appetite. Routines will work on balance and basic strength skills. ALL SKILL LEVELS WELCOME. Lunch is a suggested donation of \$4 for those 60 and older, if you decide to stay.

Mon–Thu starting Apr 1 11:30–11:45am Activity Center

Enhance Fitness—Silver & Fit/Kaiser Permanente

Improve physical conditioning levels and decrease the risk of falling with stretching, low-impact aerobics, strength training and balance exercises.

Gym-type shoes are required and a water bottle always recommended. Co-sponsored by Kaiser Permanente and Senior Services. Instructor: Yu San Gartz.



Tue/Thu/Fri	Adults	Field House
Apr 2–30	8–9am or 9:20–10:20am	\$52
May 2–31	8–9am or 9:20–10:20am	\$48
Jun 4–28	8–9am or 9:20–10:20am	\$52

Tai Chi—Silver & Fit

This class will introduce basic movements of Tai Chi with emphasis on the no-impact, relaxed, flowing movements which aid in balance, increased strength and vitality. By the end of the six weeks, students will have learned the movements from the 24-pattern form. Wear comfortable, loose clothing. Held at the Normandy Park City Hall. Instructor: John Lindsay.

Mon/Wed	Apr 8–May 1	11–12pm	\$60
Mon/Wed	Jun 3–Jun 26	11–12pm	\$60

Dance Fit

A low-impact dance workout that will raise your heart rate. This class is a whole-body workout that focuses on balance and more isolated strength and flexibility movement sequences. The intensity ranges from a moderately faster pace to a little slower pace dances. Most important thing is that you are dancing and having FUN. Wear comfortable clothing and sneakers. Bring water! Instructor: Natalie Lavoie.

Thu Apr 4–May 23 3:30–4:20pm \$40 Activity Center

Sunday Dances

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

Sun	Mar 24	1–3pm	\$5	Activity Center
Sun	Apr 28	1–3pm	\$5	Activity Center
Sun	May 26	1–3pm	\$5	Activity Center
Sun	Jun 23	1–3pm	\$5	Activity Center



Yoga—All Levels Welcome—Silver & Fit

Class will allow you to explore more deeply and gently what your body and mind seek... ease! This gentle and easy flow class is designed to bring a suppleness to the spine; to engage the whole body with a quiet strength; and, to promote balance and flexibility. Wear comfortable clothing. Bring a mat and a blanket. Instructor: Meagan of Sugarcane Yoga and Cuisine.

Thu Apr 4–May 23 4:30–5:30pm \$55 Activity Center

Dance for Parkinson's (For adults with movement issues)

Dance for Parkinson's is designed for you! Stretch and strengthen your muscles, focus on balance and rhythm through many styles of dance and discover how to use your thought, imagination, eyes, ears and touch to control movement in a welcoming environment accompanied by live music. Caregivers and friends are invited to join in! No dance experience necessary. Register by going to www.nwpcf.org/participate, calling 877-980-7500 or in person the first class at Des Moines Activity Center where the class is held. \$5 suggested donation.

Mon	Mar 25–May 13	2–3:30pm	Activity Center
Mon	Jun 10–Jul 29	2–3:30pm	Activity Center

Sunday Walks!

The location and routes of the walks are subject to change, so updated information can be found on Meetup.com by searching for Des Moines Waterland Walking Group.

Mar 17	11am	Meet at Des Moines Marina Fishing Pier
Apr 20	10am	Meet at Field House Earth Day Litter Clean-up
May 19	11am	Meet at S 216th and 16th Barnes Creek Trail
Jun 16	11am	Meet at Saltwater State Park lower parking lot



"They made me laugh out loud, which is harder to do these days."

– Participant

Blueprint for Living Workshops

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

Aging & Memory: What's Normal and What's Not?

Have you ever asked yourself "He just introduced himself and I can't remember his name?" Some changes are to be expected as we get older. Other changes are not normal. Come learn:

- *What are normal memory changes throughout our lifespan?*
- *How does memory work and what can I do to take care of my memory?*
- *What are the 10 signs of memory loss (Alzheimer's Association)*

Instructors: Sheila Goodfellow, Comfort Keepers & Daphne Davis, Senior Advisor, and Pinnacle Senior Placements

Tue	Apr 9	English	10am
Thu	May 23	English (with Spanish Translation)	10am

Property Tax Exemptions for Senior Citizens and Veterans

Did you know you may qualify for a reduction in your King County property taxes? Basic qualifications: Annual household income under \$40,000, own and occupy property (house, condo, mobile home) as your principal residence, and are over 61, or a disabled veteran with a 100% total disability rating, or are unable to work. Know someone who is behind on their property taxes and may qualify? Come to this workshop to get all the details and get assistance filling out the application forms.

Wed	Apr 24	10am
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Aviation History Series—The Blackbird!

There are few airplanes as exciting as the SR-71 Blackbird! Come hear the stories behind the people and the plane designed for reconnaissance during some of the tensest times of the Cold War. Known as the-fastest-plane-in-the-world, the tales of its missions are sure to thrill. Instructor provided by the Museum of Flight.

Thu	Apr 24	7–8pm
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Senior Fraud Expo—Consumer Protection Washington

Protect yourself from fraud, scams and identity theft! Learn with speakers and information booths from agencies whose purpose is to protect consumers: Washington Secretary of State, Attorney general, Federal Trade Commission, better Business Bureau, and U.S. Postal Inspectors. Includes a free lunch to the first 30 people who pre-register at (206) 878-1642.

Tue	Apr 30	10am–2pm
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Curious about Medical Marijuana? Learn the Facts and the Misconceptions

Come learn from a state certified medical marijuana professional about how medical marijuana can benefit memory, appetite, sleep, mood, and pain management. Learn about the brain and how the different components work to produce benefits. Find out the different delivery methods, which include topicals, tinctures, and edibles. Learn what questions to ask, how to read a label, and how to find the right formula for you. There will be plenty of time for questions. Products will not be sold. Instructor: Lisa B, Dockside Cannabis.

Wed	May 1	1pm
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26th Annual National Senior Health and Fitness Day

We are joining our neighbors at Wesley Terrace (815 South 216th) for the National Senior Health and Fitness Day. The goal? Keep older Americans healthy and fit!

- Morning Group fitness classes plus Hands-on Arts & Crafts
- Interactive Games, Brain Fit, seated bowling, Croquet, seated Volleyball, and more
- Senior Health and Fitness speakers
- Learn from experts: Nutrition, Hospice care, Fitness, Physical and Occupational Therapy
- Much, much more.....

Come park at the Activity Center and take a free shuttle bus to Wesley—Leave at 10am, return at 11:45am.

Wed	May 29	10–11:45am
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Keeping Your Home Together— Learn Handy-Person Skills

Little things around the house need fixing? Learn to take care of those little fix-it jobs yourself before they become big problems. Learn to hang things on the wall safely, fix that running toilet, take care of that sticky drawer or window, and other tricks to keep you happy and safe in your home. You can do this! Instructor: Robbi Waitt, Assistant Director of Environmental Services (aka Whatever-Needs-Fixing), Wesley.

Wed	Jun 5	10 am
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Aviation History Series—Lighter Than Air Craft

Lighter than air craft has a fascinating and often little-known part in the history of aviation. Come learn why these unique crafts have a special place in aviation history, as well as understand their fascinating construction. Do they have a future place in aviation? Instructor provided by the Museum of Flight.

Thu	Jun 6	7–8pm
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Getting Around Puget Sound

Come learn how to increase your independence and mobility with information and resources about travel options. Getting Around Puget Sound instructors can provide you with one-on-one assistance for getting to the places you want to get to. Learn the many low-cost options to get you around Puget Sound. Instructor: Laurie Meynig, Hope Link.

Wed	Jun 12	11am
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Caregiver Support Group

The Des Moines Activity Center hosts a weekly caregiver support group. As a supportive, informal group, caregivers talk to 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 with them. A volunteer will provide activities for your loved one. No registration necessary. In cooperation with Des Moines United Methodist Church and funded by the King County Veterans, Seniors, and Human Services Levy.

Thu	Ongoing	2–3:30pm
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SENIOR OUTINGS

Out to Lunch

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

Fri	\$10 Transportation Fee
Apr 12	Southern Kitchen, Tacoma
May 10	Bob's Burgers & Brew, Puyallup
Jun 14	Tantalus Greek Restaurant, Issaquah



Golf Outings

Enjoy playing 9 holes at Puget Sound courses. All golfers must register beforehand; even if meeting at course. Transportation is available on a first-paid basis or meet at the course. All players draw numbers to determine playing partners and tee position. Departure is 8–8:30am and return time varies. Players pay their own green fees.

Mon	Age 50+		\$10 Transportation Fee
Date	Course	City	Green Fee
Apr 22	Tahoma Valley	Yelm	\$17
May 6	Snohomish Golf	Snohomish	\$17
May 20	Delphi	Olympia	\$16
Jun 3	Alder Brook	Union	\$25
Jun 17	Madrona	Gig Harbor	\$20

Horticulture Outings

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

Fri	Age 50+	\$10 Transportation Fee
Date	Garden	City
Apr 5	Edgewood Nursery	Edgewood Depart 9:30am
Apr 19	Roozengaard Tulip Fields Lunch in La Conner \$7 garden fee	La Conner Depart 8:30am
May 3	Sunnyside Nursery Lunch TBA	Marysville Depart 8:30am
May 17	Anderson Garden Lunch TBA	Enumclaw Depart 9am
Jun 7	Old Capital Bld Japanese Garden Lunch at Casa Mia	Olympia Depart 8:45am
Jun 21	Lake Wilderness Arboretum Lunch at Black Diamond Bakery	Maple Valley Depart 9am

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

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

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



SECOND CHANCE SPRING CLEAN

Clean out your closets for spring and bring your items to our SECOND CHANCE SPRING CLEAN!

All donations support the services & programs at

Des Moines/Normandy Park
Senior Activity Center

DATE: May 28– June 7

TIME: 9am–3:30pm

WHERE: DMAC Large classroom

Drop your donated items off at the center the week of May 20.

THANK YOU!



Day Trips

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

Shen Yun, McCaw Hall

Wed Apr 3 1–6pm \$100

Tacoma Glassblowing Studio, Tacoma

Thu Apr 11 8:15–2pm \$80

Tahoma Vista Fiber Mill, Yelm

Wed Apr 17 8:30am–4pm \$25

Dash Point State Park Hike, Federal Way

Mon Apr 22 9am–12pm \$10

Northwest African American Museum, Seattle

Wed May 1 10am–3pm \$20

Sequim Historic Walking Tour, Sequim

Thu May 9 8am–4pm \$15

New Leaf Enterprises Tour, Sodo

Wed May 15 9am–3pm \$25



Happy Creationz Ceramic Studio, Normandy Park

Wed May 22 10:30am–2pm \$25

Tankfest, Everett

Sat May 25 8am–4pm \$35

Bullitt Center Tour, Seattle

Wed Jun 5 9am–3pm \$20

Wicked the Musical, Paramount

Thu Jun 13 11:45am–5pm \$95

Snoqualmie Falls, Snoqualmie

Wed Jun 19 8am–3pm \$15

Drive the Viaduct Tunnel

Wed Jun 26 10am–2pm \$15

VOLUNTEER:

CHANGE YOUR LIFE AND YOUR COMMUNITY

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

ADOPT-A-SPOT PROGRAM

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

KING COUNTY BEACH NATURALIST PROGRAM

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

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

SONJU COMMUNITY ORCHARD & GARDEN

Harvest fruit and vegetables for the food bank or participate in the community garden/pea-patch work parties.

Contact: Kim Richmond, friendsofsonjupark@hotmail.com

DES MOINES ACTIVITY CENTER

Give back to our community's older adults by lending a hand, and you'll feel good, too! Seeking: Laptop/Cell phone One-on-One Help, Trip Drivers and Instructors. Contact: 206-878-1642 or seniors@desmoineswa.gov.

DES MOINES PARKS & RECREATION

Inspire our youth! Seeking volunteers to coach or assist with special events, teens for the youth council program, scouts, church groups, families and individuals for various projects around the city. Contact 206-870-6527 or recreation@desmoineswa.gov.

THE HYDE SHUTTLE

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



Bali Ha'i is Calling You

South Pacific Rainbow Bingo

Friday, March 22

Must be 21 and older

5:30-9pm * Des Moines Activity Center

Call 206-878-1642 for more details

Nothin' like a...

- Hot Meal
- Rainbow Jell-O Shots
- Dessert Dash
- Prizes

For an Enchanting Evening



Proceeds benefit Des Moines/Normandy Park Senior Services & Job's Daughters International



Featuring Dame Sylvia O'Stayformore

Single Dames and Sailors: \$25

8-Top Table Reservation (limited): \$150

Admission includes 12 Bingo Sheets

Meal: \$10

Cash Bar



EPIC VIEWS & LASTING MEMORIES



BEACH PARK
EVENT CENTER
 DES MOINES • WASHINGTON
 206.870.9370

HOLIDAY CLOSURE
Monday, May 27

REGISTRATION INFORMATION

PARKS AND RECREATION

ADMINISTRATIVE OFFICE

1000 South 220th Street
Des Moines WA 98198
206-870-6527
TDD Line: 206-824-6024
Fax: 206-870-6587
recreation@desmoineswa.gov
www.desmoineswa.gov/155/
Parks-Recreation-Senior-Services
Hours: Monday–Friday, 8am–6pm

DES MOINES ACTIVITY CENTER OFFICE SENIOR SERVICES

2045 S 216th Street
Des Moines WA 98198
PO Box 98576
206-878-1642
Fax: 206-878-2260
seniors@desmoineswa.gov
www.desmoineswa.gov/217/
Senior-Services
Hours: Monday–Friday, 9am–4pm

RESIDENT PRIORITY:

Effective January 1, 2010, the City of Des Moines implemented a Resident Discount Policy offering residents discounted fees for recreation programs. Non-residents and city residents who choose not to provide proof of residency will be assessed the full fee for programs. The Resident Discount (RD) Fee is available to residents living within the City of Des Moines' jurisdictional boundaries and Senior Adults. To qualify for the RD Fee, participants must provide proof of residency such as: valid picture ID with a Des Moines address or valid picture ID accompanied by a utility bill with their Des Moines Address. Sports Teams qualify for the RD Fee when 51% of their players are Des Moines residents (proof of residency will be requested). The full program fee will be charged to participants who are not Des Moines residents or choose not to provide proof of residency. Questions related to residency should be directed to 206-870-6527.

HOW TO REGISTER:

Program registration:

www.desmoineswa.gov/dash
Walk-in: check, cash, Visa/Mastercard
Phone: Visa/Mastercard
Mail-in: registration form with payment by check or Visa/Mastercard information.
Registration forms are available in the offices or online at www.desmoineswa.gov/158/Forms-Documents

REGISTRATION POLICIES:

Pre-registration is required for all programs unless otherwise stated. Registration is taken on a first-paid basis. Returned check fee: \$40 (plus 50% surcharge if collection action needed).

REFUND POLICY/CANCELLATIONS:

When DMPPR/SS cancels a program, a full refund or credit will be issued. Refunds, less a \$20 administrative fee, will be granted when requested a minimum of five business days prior to the program/course start date. No refund will be issued for:

- Programs costing \$10 or less
- Programs where admission fee was purchased in advance
- Special events

Medical illness or other extenuating circumstances will be handled on a case-by-case basis. Documentation of circumstance may be requested.

DISCLAIMER:

Every effort is made to ensure that the information in this Recreation Guide is accurate. Because policies, personnel and funding can change, DMPPR&SS reserves the right to amend or modify programs.

ACCOMMODATION OF DISABILITIES:

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

GENDER EQUITY STATEMENT:

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

INCLEMENT WEATHER:

During periods of inclement weather, radio stations will report school closures and changes. Please listen for the Highline School District report. For programs held in Federal Way schools,

listen for the Federal Way School District report.

School Closed: All Des Moines Recreation & Senior Services Department programs are cancelled.

School Open/One-Hour Late Arrival: All non-Club KHAOS (check parent packet for details) recreation programs will operate as scheduled. Senior programs prior to 10am are cancelled. Senior programs held after 10am—call 206-878-1642 for updated information.

School Open/Two-Hour Late Arrival: All recreation and senior programs held prior to 11am are cancelled. Recreation programs held after 11am will be scheduled as usual. Senior programs held after 11am—call 206-870-6527 for updated information. When inclement weather occurs during school holidays, evenings or weekends, call 206-870-6527 or 206-878-1642 (Senior Programs) for updated information.



Welcome to our registration system, DASH Online

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

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

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

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

Spring Community Events

PARKRUN

Saturdays, Year-Round

Every Saturday enjoy a 5K run or walk at 9am on the Des Moines Creek Trail. www.parkrun.us

SOUTH PACIFIC RAINBOW BINGO!

Friday, March 22, 5:30–9pm
at the Des Moines Activity Center

Join us for a night of food, fun, booze and prizes.



EARTH DAY CLEAN-UP

Saturday, April 20, 9am–Noon

Coordinated clean-up activities, in parks and on the beach. Volunteers contact jbest@desmoineswa.gov.

EGGSTRAVAGANZA

Saturday, April 20, 9–10am at the Beach Park

Leisurely EGG HUNT, crafts, prizes and Easter Bunny photo at the Des Moines Beach Park. \$5 per child.



SOUTH SOUND OPENING DAY

Saturday, May 11

Enjoy an array of activities on the Des Moines waterfront at the Yacht Club. www.desmoinesyachtclub.com

FARMERS MARKET

Saturdays (June–September), 10am–2pm

Wednesdays (July–August), 4pm to 7pm

Showcases local fresh farm produce, artisans and foods at the Marina. www.dmfm.org



SNEAK PEEK AT SUMMER COMMUNITY EVENTS

KAYAK AND PADDLEBOARD ADVENTURES

June–August

Olympic Outdoor Center sunset tours and equipment rentals at Redondo. www.olympicoutdoorcenter.com

FIREWORKS OVER DES MOINES

Thursday, July 4 at the Des Moines Marina

Independence Day Celebration on the waterfront. www.destinationdesmoines.org

COMMUNITY BBQ

Wednesday, July 10, 5–7pm at the Beach Park

BBQ, Beer and Wine Garden, Root Beer Floats & Music. Ticket required. www.destinationdesmoines.com

BEACH PARK SUMMER CONCERT SERIES

Wednesdays, July 10–August 21, 7pm

Great entertainment on the waterfront. Beer and Wine Garden. Donations encouraged. www.desmoinesartscommission.com

SEAFAIR WATERLAND FESTIVAL & PARADE

Friday, July 19–Sunday, July 21

Family events, NW Arts & Crafts Show, Parade and Car/Motorcycle/Wooden boat show in Marina District. www.destinationdesmoines.org

MOVIES IN A PARK

Fridays starting in August

Great family movies at dusk in parks around the City.

SHAKESPEARE IN THE PARK

Sunday, August 4, 5pm

Des Moines Arts Commission presents Seattle Shakespeare at Des Moines Beach Park each summer. www.SeattleShakespeare.org/events

BACK TO SCHOOL RESOURCE FAIR

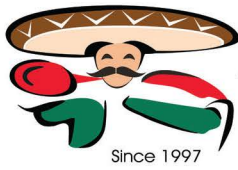
Thursday, August 8, 9am

Highline Public Schools students in need who attend local public school are provided backpacks filled with quality school supplies and resources to help them be successful. www.highlineschoolsfoundation.org.

POVERTY BAY BLUES & BREWS

Saturday, August 24, Noon–8pm

Great Blues music and Craft Breweries at the Beach Park. Ticket required. www.drinktomusic.org, www.dmnprotary.org



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it's So Good!



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til
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SATURDAY

COMBO CARNITAS

Pork Carnitas with rice, beans and freshly homemade tortillas

+ **REFRESCO**
Favoritos

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Promotion valid for limited time.

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FEDERAL WAY
25914 Pacific Hwy. | 253-945-1116

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elrinconsito.com

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119 SW 148th St. in Burien

3801 East Mckinley Ave. in Tacoma

1227 1st Ave. in Yakima