

DES MOINES

Summer 2023

CITY CURRENTS

South 223rd Green Street Project

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The Boat is Back!

SEE PAGE 20

Recreation Classes & Programs

SEE PAGE 22

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Save THE Date

POLICE CHIEF CANDIDATES
COMMUNITY MEET AND GREET

TUE

6

JUNE

2023
6:00 P.M.

DES MOINES ACTIVITY CENTER
2045 S 216TH STREET
DES MOINES, WASHINGTON

Summer 2023

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206-870-9370

Council Highlights

CITY COUNCIL HIGHLIGHTS ORDINANCE 1771, RESOLUTION 1455

Approved the Following Action:

- Mental Health Awareness Month Proclamation
- Arts Commission Appointment, Benjamin Pierson
- 4th of July Drone Show
- Washington State Opioid Settlements
- 24th Avenue S Improvement Project – Puget Sound Energy Easement
- 24th Avenue S Improvements Project – Right of Way Dedication
- King County Flood Reduction Grant Award
- Marina Dock Replacement and Marina Redevelopment Reimbursement, Resolution No. 1455
- Marina Steps Project – Design & Permitting

- Citizens Advisory Committee Appointments, Bernice Warren, Betsabel Chicana, Charlene Bacalzo, Charles (Chuck) Coleman, Daniel Englehart, David Emery, Doug Andrews, Kersten Hubbard, Lloyd Lytle, Lowell Waddill, Mackenzie Meyers, Magdalena Herrera, MaryEllen Laird, Morgan Hicks, Patricio Mendoza, Randy Williams, Richard Laycock, Ryan Bowering, Ryan Crompton, Stephanie Harris, Victoria Andrews

Held the Following Public Hearings:

- Moratorium for New Development in the Business Park Area and Adopting Findings of Fact, Ordinance No. 1771

DES MOINES CITY COUNCIL



Matt Mahoney
Mayor



Traci Buxton
Deputy Mayor



Gene Achziger
Councilmember



JC Harris
Councilmember



Jeremy Nutting
Councilmember



Vic Pennington
Councilmember



Harry Steinmetz
Councilmember

City Council meets
1st, 2nd and 4th
Thursdays of the
month at 6:00pm

Subject to change

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From the Mayor



By Mayor
Matt Mahoney

SUMMER... a time when the weather turns warmer and the days get longer; a time when our City comes alive with children playing in our parks, weekly concerts on our waterfront and walkers out enjoying the return of the warm weather and sunshine. I always encourage our residents to check out our issue of *City Currents* for a listing of the many classes and activities we have to offer, and I would like to take this time to share other ways the City promotes and advertises events happening in our great City.

Communication has never been more important than it is today, but it also has never been as challenging to execute. The days of a sole source town newspaper

is a thing of the past. Instead, we have a variety of avenues of social media and blogs to spread the word, share joys and express frustration. The City uses means such as the City's website (www.desmoineswa.gov), a number of Facebook Social media groups and most recently the restoration of the Citizens

Advisory Committee, which we are confident will be a great conduit between the City and the 9 neighborhoods throughout the City. These methods are extremely helpful and full of information, however, unfortunately, in some cases these channels can be riddled with misinformation that skew or misrepresent the truth. This battle is not only at the local level but county, state and in our nation as well. And it always seems that bad news travels faster than good news, even when it is not true.

Communication

In all this one thing is for sure, with so many ways to communicate it will continue to be difficult to reach everyone in the format they are most comfortable with. Many of our discussions internally at City Hall, or from the dais, frequently concentrate on the best ways to reach our residents. Each member of your Council, staff leaders and even many of our concerned citizens also have their own vision of what communication should look like. None are wrong, and all are not perfect, but what I can tell you is this..... our City is dedicated to always finding ways to improve our interaction and communication with our residents. I urge you to contact our Chief Administrative Officer, Bonnie Wilkins at bwilkins@desmoineswa.gov to let her know how you receive communication. Bonnie is also

a great resource to ask if a story is true, or to get more information before posting your own content on social media.

I can commit to you that the City will continue to work on ways to reach our citizens in the most efficient and professional manner, however, I am asking for your help.

Communication is a two way street and we will do all that we can to reach you, but I urge you to please check out our website, search our Facebook page and Facebook Community Groups and/or email Bonnie to get your questions answered or to find out what's happening in our town. We need to ensure that the most current, most truthful messages are being relayed. So, please, help us help you as we move this City forward.

Best,
Matt Mahoney,
Mayor and Councilmember

The City will continue to work on ways to reach our citizens in the most efficient and professional manner—however, *I am asking for your help.*

Des Moines Mayor
Matt Mahoney

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Anthony's Pier 66

RESERVATIONS AT ANTHONYS.COM

Coffee with Mayor Mahoney

Des Moines Mayor Matt Mahoney invites you to join him for coffee and casual conversation. Come hear updates on current happenings within our great community!

Tuesday, June 20, 2023 | 12:00 p.m. to 1:30 p.m. | Tea Cup

Wednesday, July 5, 2023 | 9:00 a.m. to 10:30 a.m. | Tuscany

Monday, August 14, 2023 | 6:00 p.m. to 7:30 p.m. | Quarterdeck

For more information, please contact Chief Administrative Officer, Bonnie Wilkins at 206-870-6519 or bwilkins@desmoineswa.gov

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IN THE HEART OF THE MARINA DISTRICT

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DES MOINES DIRECTORY

City Hall

21630 11th Avenue S
(206) 878-4595

City Hall Open

Tuesday–Thursday
9:00am–4:00pm

www.desmoineswa.gov



City Council

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

City Offices

City Attorney	(206) 870-6553
City Clerk	(206) 870-6552
City Manager	(206) 870-6519
Community Development	(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
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
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DES MOINES

CITY CURRENTS

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is published by
Colibri Northwest
for the City of Des Moines

COLIBRI Northwest

PUBLISHER

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ADVERTISING SALES

Katie Higgins	(206) 914-4248	katie@colibrinw.com
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EDITOR CITY CURRENTS

Bonnie Wilkins	(206) 870-6519	bwilkins@desmoineswa.gov
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Teens often remember fondly the fun they had learning to swim. So when it comes to choosing their first summer job, becoming a lifeguard is a logical choice.

But lifeguarding is more than just fun, it's a **pathway to a healthy and successful future.**

Lifeguards **learn teamwork** and how to help each other. Their **camaraderie** with co-workers often leads to **close friendships.**

Lifeguards take satisfaction in knowing they **have impact.** Their vigilance ensures the safety of everyone at the pool.

Their role in promoting water safety opens both **career and recreational opportunities** for themselves and every child they teach to swim.

Lifeguards are responsible and alert, **able to assert themselves in life-or-death situations.**

Their interactions with the public **build interpersonal skills.** In emergency situations, they **learn to make quick decisions and stay calm under pressure** — skills applicable in any job.

Most first jobs don't give you that kind of **fulfillment and sense of accomplishment.**

Join us. Click the QR code.

COMING FULL CIRCLE

Sean Ellison was just 4-years-old in 2009 when he helped save Mount Rainier Pool.

Fourteen years later, he excels at track, has achieved a fantastic academic record, and most important for local water safety, he became a lifeguard.

Sean's a great example of what happens when kids start swimming early. They become the leaders of tomorrow.

This month, Sean graduates with honors from O'Dea High School and is headed for Seattle University on both athletic and academic scholarships.

Congratulations Sean, we're grateful for your service.



GUARD

Who depends on Mount Rainier Pool? We ALL do!



Here's Sean in 2009 helping promote saving Mount Rainier Pool

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





YOUTH MENTAL HEALTH FIRST AID

Free Community Event
JULY 7, 2023
Register Now!

Valley Cities Behavioral Health Care

**Location: Des Moines Activity Center,
2045 S 216TH ST, Des Moines, WA 98198
9 AM – 5 PM**

LEARN HOW TO SUPPORT THE YOUNG PEOPLE IN YOUR LIFE

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adolescents ages 12-18.

You'll build skills and confidence you need to reach out and provide initial support to young people who are struggling. You'll also learn how to help connect them to appropriate support.

AFTER THE COURSE, YOU'LL BE ABLE TO:

- Recognize common signs and symptoms of mental health challenges, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).
- Recognize common signs and symptoms of substance use challenges.
- Understand how to interact with a young person in crisis.
- Know how to connect a young person with help.
- Better understand trauma, substance use, self-care and the impact of social media and bullying.

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TRAINING TODAY AT
NO COST FOR
RESIDENTS AND
EMPLOYEES OF KING
COUNTY!**

**WEEKEND AND WEEKDAY
AVAILABILITY
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VALLEY | CITIES
Behavioral Health Care



MHFA training is valued at \$170, and is being offered at no cost to those who reside or work in King County thanks to King County MIDD.

Email: mhfatraining@valleycities.org

Website: valleycities.org/mhfa



Mental Health First Aid training is funded by the King County Mental Illness and Drug Dependency (MIDD) Plan Initiative PRI-07 – Mental Health First Aid. These sessions are open to the public, though space may be limited. Course and course materials are included (a \$170 value per participant). This project is supported, in whole or in part, by federal award number SLFRP0152, awarded to King County by the US Department of the treasury.

**SCAN OR GO TO OUR WEBSITE TO
REGISTER FOR A TRAINING OR LEARN
MORE**



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SUMMER QUARTER STARTS JUNE 26



SCAN to learn more!



*June 6th 11:30am—12:30pm
Des Moines Activity Center
2045 S 216th Street*

*Saturday, June 24th 10am—11am
Saltwater Animal Hospital
22014 7th Avenue S, Suite 100*



*Tuesday, July 4th - 5pm
Otter Pop With A Cop
Location To Be Determined*

Plan to stop by these events to get better acquainted with the Officers of the Des Moines Police Department.



There will be no formal presentations.

For more information contact CSO Tonya Seaberry at (206) 870-7619

CONNECTING PEOPLE TO SERVICES

Summer Resource Fair

Tuesday, July 25th, 2023
10am -1pm

Midway Covenant Church
22460 24th Avenue South
Des Moines WA 98198

Let the Des Moines Getting People Services (GPS) Team connect you with basic needs!

We have invited resource providers to join us in Des Moines to ensure that those who are facing homelessness or on the brink of homelessness will have the resources they need to thrive.

Representatives will be onsite to assist with:

- Medical Screening & Medical Insurance Assistance
- Sign-up for Coordinated Entry & Housing Resources
- Free & low cost Cellphones
- FREE Microchipping for pets
- FREE Hot Showers and Hygiene Products
- FREE Clothing
- FREE BBQ Meal
- And so much more!

The GPS Team is committed to assisting those who are struggling to get connected with needed resources.



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!



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Dental Care



Surgery



Accepting new clients!



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

CALL US TODAY: 206-580-4640

Is your neighborhood a recognized Des Moines Block Watch Group?
Are you a current Block Watch Captain/Coordinator? Do you want
to know more about keeping your neighborhood safe?

Plan to attend

A Block Watch Educational Session



**Situational
Awareness
in your
Neighborhood**

Wednesday, June 7th, 2023 at 6pm

Des Moines Police Department—Public Meeting Room

21900 11th Avenue S, Des Moines

Please RSVP to tseaberry@desmoineswa.gov or (206) 870-7619

DES MOINES
FOOD TRUCK
PILOT PROGRAM



FOODIE TUESDAYS | TUESDAYS, 11AM-2PM | ACTIVITY CENTER

STREETFOODFINDER.COM/DESMOINESACTIVITY

TASTES & TUNES | THURSDAYS & SUNDAYS, 4PM-8PM | DES MOINES MARINA

STREETFOODFINDER.COM/DESMOINESMARINA

SWEET & SAVORY SATURDAYS | SATURDAYS, 11AM-2PM | REDONDO

STREETFOODFINDER.COM/REDONDO

SUMMER CONCERTS | WEDNESDAYS, 4PM-7PM | DES MOINES BEACH PARK

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City of Des Moines & Des Moines Police Department



National Night Out is a crime prevention event held every year on the first Tuesday in August. This year over 40 million people across the country are expected to participate.

JOIN US BY SIGNING UP YOUR NEIGHBORHOOD!

www.desmoineswa.gov

Tuesday, August 1, 2023

JOIN THE DES MOINES ARTS COMMISSION

MAKE AN IMPACT ON ARTS AND CULTURE IN YOUR COMMUNITY

THE DES MOINES ARTS COMMISSION IS LOOKING FOR VOLUNTEER COMMISSIONERS

COMMISSIONERS MEET MONTHLY TO HAVE A VOICE FOR PROGRAMMING, PUBLIC ART, AND TO SUPPORT ARTISTS

FIND OUT MORE
INFO@DESMOINESARTSCOMMISSION.COM



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1855 S. 136th St. SeaTac, WA 98168



SeaTac BMX is a proud partner with the Des Moines and Normandy Park Rotary Club.

South 223rd Green Street Study Project

Green Street Project Background

For many decades, the City of Des Moines has made efforts to enhance the value of its Downtown and Marina for residents and the region. One of the most significant elements of this plan highlighted the missing 'Pedestrian Connection' to the waterfront from Downtown to the Marina.

Acknowledging the need for pedestrian connectivity between Downtown to the Marina, the South 223rd Green Street Study Planning Project, as part of the holistic Marina Redevelopment Projects, will focus on enhancing the pedestrian experience for residents and visitors, creating a distinctive identity for Des Moines' downtown, as well as strategically investing in stormwater quality improvements.

The Project Team is currently in the process of researching and identifying streetscape opportunities that will be further studied during the preliminary design study for this project.

Pedestrian Amenities, Environmental Benefits, + Improved Waterfront Connectivity

The goal of the South 223rd Green Street Project is to create an inviting waterfront gateway that better connects the Marine View Drive retail core and residential area with the Marina, Overlook Parks, and waterfront. In addition to creating a new pedestrian promenade with wider sidewalks, improved lighting, and public amenities, water quality will be improved through a series of enhancements. The water quality improvements will bring new street trees and biodiversity to the South 223rd Street corridor while reducing the amount of pollution and contaminants that enter into Puget Sound.

South 223rd Street Gateway: Connecting Marine View Drive to Waterfront Destinations

The Green Street project enhancements will transform South 223rd Street into the primary gateway to the waterfront, improving connectivity from the Marine View Drive retail core to the Overlook Parks, Des Moines Marina, and Des Moines Beach Park, as well as creating an inviting and safe pedestrian environment for the community to enjoy.

Pedestrian Promenade

The new South 223rd Street promenade provides a more inviting and improved pedestrian experience with:

- Wider ADA compliant sidewalks buffered from the street
- Decorative street lighting
- Diverse plantings + additional street trees
- Wayfinding signage
- Integrated public art + placemaking elements
- Public seating

Green Street Environmental Benefits

In addition to the improved pedestrian promenade, the Green Street project provides important environmental benefits.

Stormwater is the biggest source of pollution in Puget Sound. The South 223rd Green Street will incorporate stormwater treatment infrastructure to capture and filter runoff from buildings, sidewalks, and roadways, reducing pollution entering Puget Sound and helping to protect marine ecosystems.

The varied plantings and additional street trees will also support neighborhood biodiversity, help to reduce air pollution, and lower urban temperatures by increasing local tree canopy.

Public Outreach

Community engagement is integral to the success of the South 223rd Green Street Study Project! Once the initial geotechnical analysis and research studies have been completed, the Project Team, City executive staff, and the City Council Transportation Committee will develop conceptual design options on which community members can provide feedback through the scheduled public open house and online survey later this Spring. Check this site for updates or contact the Project Team at greenstreet@desmoineswa.gov for additional information or questions.

Anticipated Schedule

- Winter 2023: Project Kick-Off and Surveying
- Spring 2023: Geotechnical & Stormwater Analysis, Conceptual Design Development, Citywide Online Survey
- Summer 2023: Preferred Design Identified

For additional information, please contact The Project Team via email at greenstreet@desmoineswa.gov or call 206-870-6537 • www.desmoineswa.gov/greenstreet

Community Awareness Event

Active Shooter Preparedness Training

Des Moines Police Department and Grace Lutheran Church will be hosting an active assailant training for the general public. This training will offer guidance to our community on how to prepare and survive an active threat event.

- Learn best practices for planning and preparedness
- What to do before the police arrive
- Exit strategies

Saturday, July 29th, 2023

9am – 11:30am

Grace Lutheran Church – 22975 24th Avenue South, Des Moines WA 98198

Let's prepare together!

Space is limited – register today at tseaberry@desmoineswa.gov or (206) 870-7619

PSST... BE FIRST TO KNOW ABOUT SUMMER SWIM LESSONS

Sign up for our email notification system by scanning the QR code and be first to know about our summer swim lessons.



We're still tweaking our program and schedule to ensure that as many kids as possible will learn to swim this summer.

- Information will be available around the first week of June. Registration will begin in mid-June with classes starting in early July.
- Weekday morning and evening opportunities
- Classes fill fast with residents of Des Moines and Normandy Park given priority.

mrp
mount rainier pool

www.MtRainierPool.com • 206.824.4722 • 22722 19th Ave S, Des Moines



MAKE SURE YOUR HOUSEHOLD MAINTENANCE PRACTICES DON'T RESULT IN AN ILLICIT DISCHARGE



Illicit discharge is any discharge to a municipal storm system that is not solely composed of stormwater. These discharges introduce pollutants into the Puget Sound, degrading water quality and harming aquatic life, making it important for individuals to properly dispose of hazardous materials and keep storm drains free of debris.



- Properly dispose of yard waste to prevent blockages in the stormwater system.
- Use non-toxic solutions with pressure washers away from catch basins.
- Choose commercial car washes to prevent wash water from entering the system.
- Drop off hazardous materials at designated collection sites for proper disposal.
- Sweep driveways and sidewalks instead of hosing them down to prevent pollutants from entering the stormwater system.

Contact Michael Posey at 206.870.6565 or mposey@desmoineswa.gov for more information or to report an illegal discharge.

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Location:
13257 5th Ave SW
Burien, WA 98146

Early Bird Sale
April 7-9

Mother's Day Wknd
May 12-14

Father's Day Wknd
June 16-18

9am-5pm every day

For more information, contact Grace Stiller at (206) 795-5783



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- ➔ **Make sure they know where to find you.**
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Contact Katie Higgins today to learn more about how Des Moines City Currents can put you in front of the customers you need to reach.

Katie@ColibriNW.com • 206-914-4248

COLIBRI Northwest
Des Moines City Currents Magazine
is published by COLIBRI Northwest, LLC
www.ColibriNW.com

The Boat is Back!

How To Make the Most of Your Time in Downtown Des Moines

At their May 4th meeting the Des Moines City Council formally approved all contracts related to the operation of the *Des Moines Express* this spring and summer.

We'll be using the Billie J, a newer and slightly larger version of the Chilkat Express we ran last year. Both boats were built by All American Marine in Bellingham.

Service is expected to start May 23 and run Tuesday through Sunday with five round trips daily for twenty continuous weeks through the end of September.

We've partnered with King County to dock at the King County Marine Division dock at Pier 50 adjacent to Washington State Ferries' Colman Dock and Pioneer Square in downtown Seattle.

In response to community demand, we've expanded the operating schedule this season to accommodate commuters during the weekdays and to allow for visitors to enjoy dinner along the Seattle waterfront on weekends.

The anticipated schedule has first boat will leave Des Moines marina on weekdays at 7:30am and on weekends at 9:45am. The last boat will leave the Seattle dock for Des Moines at 6:30pm on weekdays and at 8:00pm on weekends, arriving back in Des Moines at 6:45pm on weekdays and at 9:00pm on weekends.

30,000 passengers are expected to ride the boat this spring and summer. Each of those passengers will spend time in the Des Moines marina district.

Though you can easily spend a couple days taking advantage of everything to do within the Des Moines downtown and surrounding neighborhoods, we've put together a couple of the most popular highlights of our community to help locals and visitors alike make the most of a visit downtown.



The Billie J is a 65' high-speed foiling catamaran that will run between Des Moines and Seattle.

Along the Waterfront



The deck atop Anthony's Homeport is a great place to experience sustainably harvested seafood while enjoying an unparalleled view. Photo courtesy Anthony's Homeport.

Anthony's Homeport Restaurant

A ten-minute walk south along the marina from the water taxi dock, family-owned local icon Anthony's Homeport is celebrating fifty years of operation this year. The marina location is the chain's second oldest, dating from 1979. One of the pioneers of the 'hook-to-fork' seafood concept, Anthony's has its own seafood company to ensure that seafood they serve is sustainable and of the highest quality.

Early season Copper River salmon is available now through July, as is local produce from regional gardens: rhubarb and strawberries now, asparagus and peaches as the spring turns to summer. Be sure to try the Rhubarb Slump, one of Anthony's signature dishes.

www.anthonys.com • (206) 824-1947

The Des Moines Express will call at King County's P50 along the Seattle Waterfront



The Lake to Sound Trail, accessible at Marina Beach Park

Des Moines Marina Beach Park

A short walk north from the water taxi landing, the beach park started life in the early years of the twentieth century as the Covenant Beach Bible Camp. The city bought the 20-acre site in 1987 and extensively refurbished the outbuildings. Today, visitors can stroll the 625 feet of saltwater waterfront and peek inside the historic Dining Hall, Founders’ Lodge and Auditorium. The city and other civic and cultural organizations host events throughout the summer on the large lawn adjacent to the beach, including a summer concert series and the annual Blues and Brews Festival produced by the Des Moines Rotary the last Saturday before Labor Day.

From the northeast corner of the park, visitors can catch the Lake to Sound trail, an extensive walking and biking path that runs east through a peaceful wooded ravine eastward eventually connected with a larger trail network throughout South King County.



Farmers’ Market

The water taxi is scheduled to align with the Des Moines Waterfront Farmers Market, which is held every Saturday, 10:00am-2:00pm from June through September. A large traditional farmers market featuring fresh produce and flowers, local artists and musicians, the Des Moines farmers’ market is a local gathering place for residents who come to browse the food and craft stalls, grab a bite at one of the food trucks, and enjoy their lunch at the Quarterdeck Café. The Quarterdeck features local beer and wine, soft drinks and espresso drinks, in an open garden like setting complete with picnic tables and Adirondack chairs overlooking the marina, Vashon Island and the Olympic Mountains. Outside food is welcome. Both the market and the café are pet-friendly.

Metro Connector Service

Metro Route 635 offers bus transit connection between the marina and Angle Lake Sound Transit Station. Service on weekday runs 5:00am to 11:00pm, on Saturdays 7:30am to 9:30pm, Sundays and holidays 9:30am to 6:00pm. Stops along the way include 20th and 216th where you can shop at the Outdoor Research Retail Outlet Store, and take advantage of an extensive playground at Steven J Underwood Memorial Park, just behind the Post Office.



Within a short walk



Zenith Holland Nursery has been serving local gardeners since 1907.

Zenith Holland Garden Center

Continue past Anthony’s and South up Marine View Dr. S to the oldest continuously operated business in Des Moines. Zenith Holland Nursery was founded in 1907 and specializes in a large variety of quality plants ranging from hardy perennials to culinary herbs, colorful annuals, sedums, ground covers and hanging baskets. The Nursery has recently been expanded to include two acres of plants including eleven greenhouses. In addition to their charmingly scattered array of plants the nursery offering classes regularly throughout the summer, including ‘Love your lavender’ on July 22nd, led by well-known local gardener Sue Goetz.

Though the walk from the marina to the nursery is only a mile, it’s all uphill, so the nursery offers a complimentary car service! Simply call (206) 878-7002 when you’d like to be picked up and the nursery will send a car to meet you at the water taxi.



Take a plunge at Des Moines Pool. Photo courtesy Des Moines Metropolitan Pool District.

Mount Rainier Pool

If you are looking to enjoy the water, the Des Moines community pool is a local gem, offering classes, open swim and exercise programs to the general public all year round—regardless of the weather outside.

The pool offers open swims and family swims, Monday through Saturday (closed on Sundays). All swims are open to individuals and families. The family swims are for the shallow end of the pool, and the open swims are for the entire pool, with no lane markers.

For those that want to fitness swim, the pool offers lap swim, water walking and water exercise. Water walking is walking in the shallow end of the pool.

mtrainierpool.com • (206) 824-4722

Downtown restaurants and shops

Downtown Des Moines is clustered along Marine View Drive South, three blocks east of the water taxi, between 216th and 227th. The downtown neighborhood is home to restaurants, cafes and retail shops featuring local artisans.

RECREATION CLASSES & PROGRAMS

KHAOS PROGRAMS

Kids Having An Outrageous Summer! Summer Day Camp Program

Let us fill your child's summer days with play, fitness, friendship and new experiences under the supervision of caring, experienced camp staff. Leaders plan amazing activities, arts and crafts, outdoor games, friendly challenges, weekly field trips and swimming all around a fun weekly theme. It's all here! All participants receive a Camp KHAOS T-shirt. Free daily lunch and snack provided by the Des Moines Food Bank for all KHAOS kids. Call 206-870-6527 for information! Participants must be picked up at the Field House before 6pm or late pickup fees will apply. Registration will be on a weekly deposit system: one-time registration fee and then \$10 non-refundable, non-transferrable deposit per week holds your spot. Minimum 3 days/week registration required, you choose the days. Call 206-870-6527 or visit www.desmoineswa.gov/daysmart for more information.

Week	Dates	Field Trip Date**	Field Trip Location**
1	June 26-30	Tuesday, June 27	Secoma Lanes Bowling
2	July 5-7*	Thursday, July 6	Gotcha! Foam Dart Arena
3	July 10-14	Tuesday, July 11	Family Fun Center
4	July 17-21	Tuesday, July 18	Fishsticks Baseball Game
5	July 24-28	Tuesday, July 25	Movie Theater, Movie TBD
6	July 31- Aug 4	Tuesday, Aug 1	Traveling Chocolate Co.
7	August 7-11	Tuesday, Aug 8	Seattle Storm Game
8	August 14-18	Tuesday, Aug 15	Woodland Park Zoo
9	August 21-25	Thursday, Aug 24	Waterland Arcade
10	Aug 28-Sept 1	Tuesday, Aug 29	Steel Lake BBQ

See Flyer on Pg. 27 for Pricing and Registration Information

*No camp on July 3 or 4, Field House closed for Independence Day, minimum 2 days required for registration.

**Field Trip Dates and Locations are subject to change with little or no notice.

SPECIAL EVENTS

Movies in the Park

Join us select Fridays at the Des Moines Beach Park Meadow for dusk-time showings of family favorite movies! PG ratings only, all ages are welcome so bring your blanket or low-profile chair to stake out the best viewing spot. Concessions may be available for purchase but please feel free to bring your own snacks as well. No registration or payment required, movies start at dusk and run-times vary.



July 28: **Minions: The Rise of Gru**

(1 hr 30 min)

August 25: **Puss in Boots: The Last Wish**

(1 hr 40 min)



Touch-A-Truck

For the first time ever in Des Moines, we're hosting a FREE Touch-A-Truck event at Steven J. Underwood Memorial Park! Don't be intimidated by the sirens and horns, you'll get to climb into the driver's seat and really see what these vehicles can do. Plus, opportunities to chat with the real life drivers of all things wheeled may inspire a future career for our youngest attendees!

August 5, 10am-1pm

Steven J. Underwood Memorial Park, 21800 20th Ave S

No registration required, concessions or raffle tickets may be available for purchase at the event.

What You Need To Know

WHERE TO FIND US

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

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.

HOW TO REGISTER

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



FOLLOW US ON FACEBOOK
 @DesMoinesParksandRecreation



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

DES MOINES PARKS & RECREATION



YOUTH SPORTS SKILL-BASED PROGRAMS

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

SUMMER 2023

(course) (dates) (days) (time) (ages) (fee) (location)

BASKETBALL CAMP

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

SSA156823	7/10 - 7/13	M,T,W,Th	9:00 a.m. - 12:00 p.m.	7-12	\$135	Field House Park - gym
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FLAG FOOTBALL CAMP FUELED BY USA FOOTBALL

Skyhawks Flag Football Fueled by USA Football is an exciting introduction to America's favorite game! Using skills and drills from the Football Development Model, developed by the experts at the sport's national governing body – USA Football – coaches will teach the key concepts of passing, receiving, running, kicking, punting and flag pulling, all presented in a positive environment with a focus on critical life lessons such as teamwork and sportsmanship.

SSA150190	7/17 - 7/20	M,T,W,Th	9:00 a.m. - 3:00 p.m.	7-12	\$179	Field House Park
SSA150085	7/17 - 7/20	M,T,W,Th	9:00 a.m. - 12:00 p.m.	4-7	\$135	Field House Park

TENNIS CAMP

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

SSA150158	7/24 - 7/27	M,T,W,Th	9:00 a.m. - 12:00 p.m.	6-12	\$135	Field House Park
SSA150213	8/14 - 8/17	M,T,W,Th	9:00 a.m. - 12:00 p.m.	6-12	\$135	Field House Park

MINI-HAWK CAMP (BASEBALL, BASKETBALL & SOCCER)

This multi-sport program was developed to give children a positive first step into athletics. Sports are taught in a safe, structured environment filled with encouragement and fun. Through exciting games and activities, campers explore balance, hand/eye coordination and skill development at their own pace.

SSA150098	8/07 - 8/10	M,T,W,Th	9:00 a.m. - 12:00 p.m.	4-7	\$135	Field House Park
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MULTI-SPORT (BASKETBALL & SOCCER)

Our multi-sport camp is designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essentials of each sport through skill-based games and scrimmages. By the end of the week, your child will walk away with knowledge of multiple sports along with vital life lessons such as respect, teamwork, and self-discipline.

SSA150089	8/21 - 8/24	M,T,W,Th	9:00 a.m. - 12:00 p.m.	4-7	\$135	Field House Park - gym
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SPACE IS LIMITED!
REGISTER TODAY >>>

Online:
skyhawks.com

Phone:
800.804.3509

RECREATION CLASSES & PROGRAMS

YOUTH AND FAMILY ACTIVITIES

Summer Dance Classes for All Ages by Melanie's Dance Unlimited

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



Summer Session 1

Tuesdays July 11-25 (no class July 4)*
Thursdays July 6-27

Summer Session 2

Tuesdays August 1-22
Thursdays August 3-24

Day/Time	Class	Price
Tues/4-4:30pm	Tumbling Tots! Ages 2-4	\$35
Tues/4:30-5:15pm	Preschool Combo (Ballet/Tap/Jazz) Ages 3-5	\$50
Tues/5:15-6pm	Level 1 Combo (Ballet/Tap/Jazz) Ages 5-8	\$50
Tues/6-6:45pm	Pop-Star Dance Ages 6-10	\$50
Tues/6:45-7:30pm	Level 2 Combo (Ballet/Tap/Jazz) Ages 9-14	\$50
Thurs/4:30-5:15pm	Acrobatics 1 Ages 5-8	\$50
Thurs/5:15-6pm	Acrobatics 2 Ages 6-12	\$50
Thurs/6-6:45pm	Hip Hop 1 Ages 5-8	\$50
Thurs/6:45-7:30pm	Hip Hop 2 Ages 9-13	\$50

*Special 3 class Price for Tuesdays in Session 1, ½ hour classes are \$27 and 45 minute classes are \$36.



“Teen Tuesday” Summer Field Trips

We are now welcoming teens ages 13-15 on select Tuesdays throughout the summer for some of our favorite Camp KHAOS Field Trips! Pack a lunch and hop on our private shuttle to find us diving into classic arcade games or cheering for the Seattle Storm at the top of our lungs. Detailed descriptions of each adventure and registration will be available online on May 3rd at www.desmoineswa.gov/daysmart. Price includes any admission or transportation costs associated with the Field Trip activity.

July 11	Family Fun Center	10am-3pm	Ages 13-15 \$45
July 25	Location TBD	10am-3pm	Ages 13-15 \$45
August 8	Seattle Storm Game	10am-3pm	Ages 13-15 \$45
August 22	Waterland Arcade*	10am-3pm	Ages 13-15 \$45

*Lunch is provided on trips with an asterisk; please plan to pack a bag lunch for all other trips.



Detective Day with DMPD

Join the Des Moines Police Department for this unique one-day camp where you can walk in a Police Officer's shoes. Hone your observation skills, improve your deductive reasoning, and maybe even solve a crime. Space is limited, sign up today at www.desmoineswa.gov/daysmart. Who knows what you will find when you know where to look!

Date	Ages	Time	Price
July 18	13-17	9:30am-3:30pm	\$30

Lunch and one snack provided, please bring a water bottle

Play-Well TEKologies Lego STEM Camp

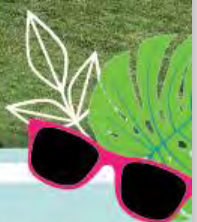
Adventures in STEM with LEGO Materials. Let your imagination run wild with tens of thousands of LEGO parts! Build engineer-designed projects and use special pieces to create your own unique designs! Projects are rotated seasonally to ensure that both new and returning students can explore the endless creative possibilities of the LEGO building system. Register online at www.play-well.org.

Minecraft Engineering	July 17-21	9am-12pm	Ages 5-9 \$182
Bash'em Bots	August 14-18	9am-12pm	Ages 8-14 \$182



Des Moines Parks and Rec SOCCER CAMP

- SUMMER 2023 -



CAMP DETAILS

AGES & TIMES: 4-14 Years - Half and Full Day options

DATES: July 24th - 28th, 2023

VENUE: Des Moines Field House
1000 S. 220th St., Des Moines, WA 98198



FUN IN THE SUN

(4-6 years)

- FUNdamental Soccer
- Build Confidence
- Motor Skill Development



SKILLS 'N' THRILLS

(7-10 years)

- Skill Building
- Tactical Development
- Stimulating Practice



COMPETE W/YOUR FEET

(11-14 years)

- Technical Development
- Tactical Understanding
- Positional Awareness

- ALSO INCLUDED ON CAMP:**
- Focus on Player Development
 - Dri-Fit Tshirts, Evaluations and Certificates for All Players
 - Smaller Groups and More Dedicated Coaching (Meaning Limited Spaces)

Register Online:

uksoccer.com

Phone: (855) UKSOCCER | Email: info@uksoccer.com



REGISTER NOW

RECREATION CLASSES & PROGRAMS

YOUTH SPORTS CLASSES & CAMPS



Baseball Clinics & Camps w/Steve Goucher

Hone your Baseball skills in these camps and clinics provided by instructor Steve Goucher! He will put his 20+ years of experience teaching baseball fundamentals to work, bringing your player up to speed in a fast-paced, fun, skill-building environment. All baseball programs are Coed, registration is available online at www.desmoineswa.gov/daysmart.

Baseball/Softball Camp

July 5-7 (3 Day) **9am-12pm** **Ages 8-13**
Field House **\$159**

Baseball/Softball Camp

July 17-21 **9am-12pm** **Ages 8-13**
Field House **\$190**

Baseball/Softball Camp

August 21-25 **9am-12pm** **Ages 8-13**
Field House **\$190**

"Under the Lights" Night Camp

August 28-30 (2 Day) **730-930pm** **Ages 8-13**
Field House **\$60**

Skyhawks Sports Academy

Skyhawks is the country's leader in providing a safe, fun, and skill-based sports experience for kids between the ages of 4 and 14. Join us for Basketball, Tennis, and Flag Football as we welcome Summer to the PNW! Register online today at 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.

Basketball **July 10-13** **9am-12pm**
Ages 7-12 **Field House Gym** **\$135**

Flag Football **July 17-20** **9am-12pm**
Ages 4-7 **Field House Fields** **\$135**

Flag Football **July 17-20** **9am-3pm**
Ages 6-12 **Field House Fields** **\$179**

Tennis **July 24-27** **9am-12pm**
Ages 6-12 **Field House Tennis Court** **\$135**

Mini-Hawk **August 7-10** **9am-12pm**
Ages 4-7 **Field House Fields/Gym** **\$135**

Tennis **August 14-17** **9am-12pm**
Ages 6-12 **Field House Tennis Court** **\$135**

Multi-Sport **August 21-24** **9am-12pm**
Ages 4-7 **Field House Fields/Gym** **\$135**

UK Soccer Camp

For over 32 years, UK International Soccer has provided development programs for children of all ages and abilities. Their international coaches are selected for their knowledge, coaching ability, and commitment to create a fun, positive learning environment for all children. Join them on the Field House Soccer Fields this summer, to learn soccer fundamentals in a tried and true curriculum practiced all over the world. Sign up online at www.uksoccer.com, by searching for programs in our zip code, 98198.



Morning **July 24-28, 9am-12pm** **Ages 4-14**
Field House Fields **\$150**

Afternoon **July 24-28, 12:30-3pm** **Ages 7-14**
Field House Fields **\$130**

Full Day **July 24-28, 9am-3pm** **Ages 7-14**
Field House Fields **\$205**



Des Moines Parks & Recreation (206) 870-6527

CAMP KHAOS 2023

Registration Opens
May 3rd at 8am!

Camp Dates and Field Trips

Week	Dates	Field Trip Day	Field Trip Location
1	June 26-30	Tuesday, June 27	Secoma Lanes Bowling
2	July 5-7 (3 day)	Thursday, July 6	Gotcha! Foam Dart Arena
3	July 10-14	Tuesday, July 11	Family Fun Center
4	July 17-21	Tuesday, July 18	Fishsticks Baseball Game
5	July 24-28	Tuesday, July 25	Movie Theater, TBD
6	July 31- Aug 4	Tuesday, Aug 1	Traveling Chocolate Co.
7	August 7-11	Tuesday, Aug 8	Seattle Storm Game
8	August 14-18	Tuesday, Aug 15	Woodland Park Zoo
9	August 21-25	Thursday, Aug 24	Waterland Arcade
10	Aug 28-Sept 1	Tuesday, Aug 29	Steel Lake BBQ

Age Groups:
5-7, 8-9, 10-12

Daily Price:
\$42R/\$46NR

Registration Fee
\$30R/\$35NR

Registration Overview

- Full Summer will open for registration online May 3rd at 8am
- You can pay in full or place deposits on individual weeks
- \$10/week non-refundable, non-transferrable deposit holds your spot
- Credit Card will be stored and charged the Wednesday before the week
- Cancellations must be submitted IN WRITING to recreation@desmoineswa.gov by 4:30pm the Tuesday before
 - No cancellations will be honored after that time
- If a week is showing FULL, add your child to the waitlist!
 - We cannot stress this enough. We hope to add more spots!
- \$25 Late Registration Fee charged after 12pm Friday before

More Information & Registration at
www.desmoineswa.gov/daysmart

Scholarships are available, email us at recreation@desmoineswa.gov for more info!





YOUTH LEAGUES

Fall Youth Recreation Soccer League

Run drills, build skills, and learn how to be a team player in our Youth Recreation Leagues! Volunteer Coaches lead teams in instructional practices and games to hone your young soccer player’s skills. Practice and game schedules will depend on field and coach availability; practices will generally be one hour per week on a weekday evening between 4 and 7pm, and games will be Saturdays for one hour between 9am and 5pm. If you have a specific scheduling conflict, please submit a note with your registration and we will do our best to match you with a team that fits your schedule! For more information about coaching, team sponsorship, and scholarships, please call (206) 870-6527.

Age Groups: 4-Kindergarten, Grades 1-2, Grades 3-4

Price: \$85 Resident/\$95 Non-Resident

Includes jersey

Important Dates: mark your calendar!

Registration Window: June 12-August 3

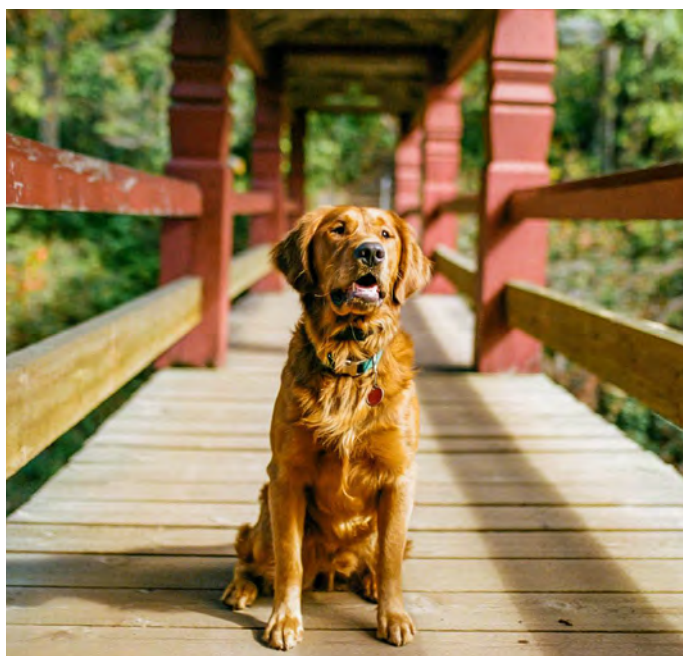
Coaches Meeting: August 30

First Week of Practices: September 4

First Saturday Games: September 16

Last Saturday Games: November 4*

**could vary based on cancelled or rescheduled games throughout the season*



ADULT ENRICHMENT

Dog Obedience – 4 Week “Good Manners” class

Learn how to be a “Kind, Calm, and 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, Champion Trainer/Former DMPD Animal Control Officer Jan Magnuson & her pup Willow are happy to help you and your doggo! Proof of vaccination is required at first class and dogs must be 4 months or older. Ninety-minute Individual Classes for more specific instruction are also available on a limited basis; please reach out at (206) 870-6527 for more information.

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

Dogs 4+ months	Field House	R/NR
Wed June 7-28 (FULL)	6-7pm	\$95/\$105
Wed July 5-26	6-7pm	\$95/\$105
Wed August 2-23 (no class 8/30)	6-7pm	\$95/\$105
Wed September 6-27	6-7pm	\$95/\$105
Wed October 4-25	6-7pm	\$95/\$105
M-F Individual Classes	90 min, TBD	\$250

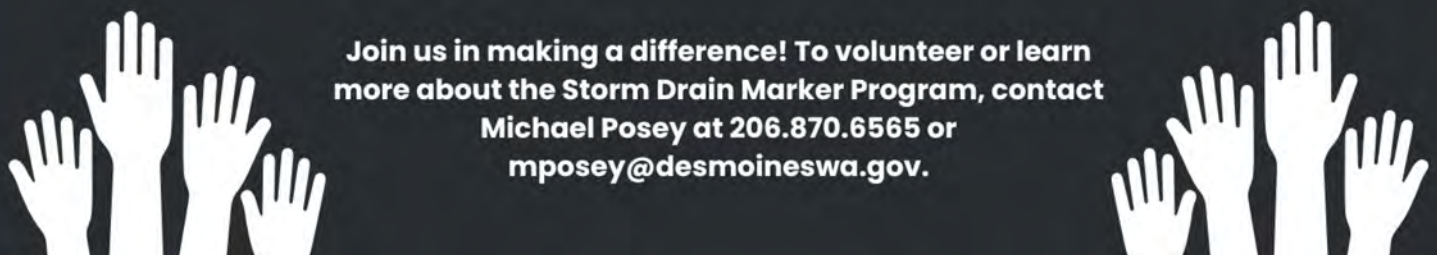


HELP PROTECT OUR WATERWAYS

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.

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: 9am-3pm
By Phone on Fridays

Closures

- **Memorial Day: Monday, May 29**
- **Juneteenth: Monday, June 19**
- **Independence Day: Tuesday, July 4**
- **Labor Day: Monday, September 4**

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

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



Shuttle Bus Stop in Normandy Park

Normandy Park Residents - registered to any of our outings and field trips? The Des Moines Activity Center offers convenient shuttle ride from Normandy Park City Hall to our Center. Call (206) 878-1642 to reserve a seat. Shuttle available by advance notice.

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.

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

What's Happening!
Senior Community Events

Celebrate your birthday, anniversary or milestone with us!

Every 1st Thursday of the month at 12 noon
 Join us as we celebrate your special day with cake!



First Day of Summer!

Wednesday, June 21, 12 pm
 Join us at lunch for a summer treat as we kick-off the First Day of Summer!



Bunco Event!

Saturday, August 12, 10 am – 2 pm. Game starts at 10:30 am. Ticket sales open Wednesday, May 31.
 \$25 per person

Grab your friends and join us for Bunco. We will play 3 rounds. We will have prizes and snacks. No skill required. Registration preferred. Let's roll the dice!!

Weekly Wednesday Walks

Every Wednesday throughout the summer, 10:30 am
 Bring your walking shoes and join us as we walk at your leisure the paved quarter-mile loop behind our Center. Meet at our back patio. Weather permitting. Please dress for the elements.

Celebrate Independence Day

Wednesday, July 5, 12 pm
 Wear your spirit colors!

Seafair Sunday Patio Party at The Central Area Senior Center



Sunday, August 6
 9:30 am – 6:30 pm
 \$50, payable to The Central Area Senior Center on Day of Event.



The Central Area Senior Center located along beautiful Lake Washington hosts an annual Seafair patio party. No Host Bar, Food, 50/50 Raffle Gift Baskets, Face Painting, Family Friendly event. Seats are limited. Call DMAC to RSVP no later than July 31.



AARP Smart Driver Class

Tuesday, August 29 and Wednesday, August 30
10 am – 3 pm • 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 the onsite Nutrition Lunch Program (Suggested donation per meal; \$4.50). Payment collected on first day of class in either check or money order form. Registration required, must attend both classes. **Payment collected on first day of class in either check or money order form. Registration required, must attend both classes.** \$20 AARP Member • \$25 AARP Non-member



Save the Date! 1st Annual Holiday Bazaar at the Des Moines Activity Center

Saturday, November 18, 2023, 9 am - 3 pm

Crafters and Vendors Needed. For more details or registration form please contact the Activity Center, (206) 878-1642 or Email Charisse at cgregory@desmoineswa.gov
Early Bird Registration July 10 thru August 30, 2023

Ongoing Activities

Ongoing activities are at no cost. Donations are accepted.

Adult Coloring & Painting Club

Tuesdays, 10 am – 11 am

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.

American Mahjong

Wednesdays, 12 pm - 2 pm (New Time)

Learn Bunco



Wednesdays, May 31
and June 28, 1 pm - 2 pm

Grab your friends and join us to learn about Bunco. We will play a few rounds as you learn this fun game. We will have prizes and snacks. No skill required. Advance registration preferred. Let's roll the dice as you learn this fun game.



Save the Date!

1st Annual

Holiday Bazaar

Saturday, November 18, 2023

Time: 9:00-3:00pm

Des Moines Activity Center

2045 so 216th Street, Des Moines 98198

Crafters and Vendors Needed

For more details or registration form please contact

The Activity Center, 206-878-1642

E-mail - cgregory@desmoineswa.gov

Early Bird Registration July 10 thru August 30, 2023

Day Trips

Registration begins Wednesday, May 31 at 10 am. Explore the Northwest and leave the driving to us! Age 50+ and travel days vary. *Normandy Park senior residents, ask us about shuttle service to any of our day trips!*

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

Day Out in Poulsbo • \$30

Friday, June 2, 8:30 am – 4 pm

We'll start our morning at the famous Sluy's Bakery where you can buy any of their delectable pastries. From there we will visit the SEA Discovery Center followed by a no-host lunch of your choice at any of the surrounding eateries. You'll have time to discover this charming area at your leisure post-lunch.

Lumen Field Tour, Seattle • \$40

Wednesday, June 7, 9:30 am – 4 pm

This experience will give you a behind-the-scenes look at one of Seattle's most iconic venues. Football fanatics, soccer supporters, and everyone in between will learn something new about Lumen Field. Stops include the field, visiting locker room, flag deck

and press conference room. Don't forget your camera to capture the scenes! No-host lunch at Jack's BBQ-SODO following tour.

Tacoma Rainiers Baseball Game, Tacoma • \$30

Tuesday, June 13, 10:15 am – 3 pm

Come join us for an afternoon of food, fun, and baseball at Cheney Stadium! Ticket includes a ballpark meal of hot dog, popcorn, & water, and a Rainiers hat.

MaST Center Aquarium, Des Moines • FREE

Tuesday, June 20, 10 am – 11:30 am

The Aquarium at the MaST Center holds over 3,000 gallons of water in various tanks. It features 2 large touch tanks, an Octopus tank, a schooling fish tank, and more. In all, the aquarium houses

over 250 species of marine creatures, all native to the Puget Sound and surrounding waters. Seating is limited. Registration is required.

Antique Row, Tacoma • \$15

Friday, June 30, 10:30 am – 3 pm

Antique Row, located in the heart of Tacoma's old historic district, comprises one of the best collections of vintage and antique shops in the Northwest. Explore to your hearts content! Pack a brown bag lunch or dine at any of the surrounding cafes.

Point Defiance Zoo & Aquarium, Tacoma • \$40

Wednesday, July 12, 8:30 am – 2 pm

Point Defiance Zoo & Aquarium is the only combined zoo and aquarium in the Pacific Northwest, nestled inside the 700-acre Point Defiance Park with views of Mount Rainier and Puget Sound. Pack a brown bag lunch or purchase snacks or lunch at cafes within the Zoo.



LEARN TO COMMUNICATE SO YOUR CHILD WILL LISTEN

Empowered Parenting supports parents through:

- one-on-one coaching,
- workshops, and
- online membership

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IF PROPERTY IS CURRENTLY LISTED WITH A REALTOR, PLEASE DISREGARD THIS NOTICE

Snoqualmie Falls • \$30

Thursday, July 27, 8:45 am – 3 pm

More than 1.5 million visitors come to the Falls every year and is one of Washington state's most popular scenic attractions. You will find a two-acre park, gift shop, observation deck, the Salish Lodge and the famous 270 foot waterfall. No-host lunch at The Dining Room at Salish Lodge.

**Seafair Sunday Patio Party at The Central Area Senior Center, Seattle • \$50, payable to The Central Area Senior Center on Day of Event.

Sunday, August 6, 9:30 am – 6:30 pm

The Central Area Senior Center located along beautiful Lake Washington

hosts an annual Seafair patio party. No Host Bar, Food, 50/50 Raffle Gift Baskets, Face Painting, Family Friendly event. Seats are limited. Call DMAC to RSVP no later than July 31. Fee covers transportation, food, entertainment and a seat to one of the most coveted events of the summer.

****Senior Day! Tacoma Rainiers Baseball Game, Tacoma • \$60**

Tuesday, August 8, 10:15 am – 4 pm

Come join fellow senior centers and retirement communities for an afternoon of food, fun, and baseball at Cheney Stadium! Enjoy the game from a private picnic-style outdoor party deck, ALL-INCLUSIVE BBQ Buffet, Beer, Wine, Soda and Water.

Gig Harbor Gondola Ride • \$65

Friday, August 18, 10 am – 2 pm

Ride the only Venetian gondola operation in the Pacific Northwest in beautiful Gig Harbor. No-host lunch at Tides Tavern following tour. *Activity Level: "Medium level of difficulty". No wheelchairs or walkers.



****Senior Day! Seattle Mariners Baseball Game, Seattle • \$75**

Wednesday, Sept 13, 10:15am – 5pm

Come join us for an afternoon of food, fun, and baseball at Mariner Stadium! Ticket includes a ballpark meal of hot dogs, pasta salad, chips, cookies, lemonade, coffee, and tea.

****Smith Tower Tour, Seattle • \$75**

Friday, September 22, 11 am - 5 pm

We'll start with a no-host lunch in Seattle before the tour. Take a step back into history with a tower tour then head up to the 35th floor as we end our day with breathtaking views from Seattle's original skyscraper. Fee covers transportation, ticket and a mocktail at the Observatory Bar at the end of the tour.

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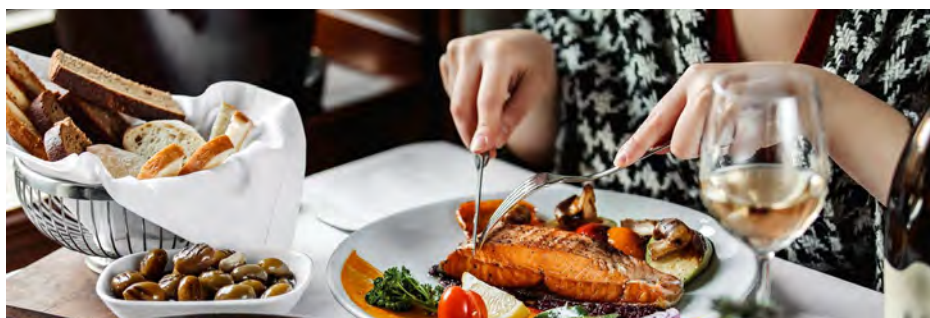
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Visit our website for seasonal classes

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





Out to Lunch and Out to Dinner

Registration begins Wednesday, May 31 at 10am. Ages 50+. Enjoy a no-host lunch at new and old favorite eateries around the Sound. Limited seating. \$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

Jack's BBQ & Steakhouse – Algona \$ - \$\$

Friday, June 16, 11 am – 2 pm

Menu: jacksbbq.com/algona/

Calcutta Grill – Newcastle \$ - \$\$

Friday, July 7, 10:15 am – 2 pm

Menu: newcastlelegolf.com/dining/

Netshed No. 9 – Gig Harbor \$

Friday, July 14, 10:15 am – 2 pm

Menu: www.netshed9.com/netshed-no9-menu

Tokyo Japanese Steakhouse – Federal Way \$\$ - \$\$\$ NEW!

*Please note this is a dinner outing.

All guests must order from the Teppanyaki menu.

Tuesday, July 25, 4:30 pm – 7 pm

Menu: www.tokyojapanesesteakhouse.org/menus/#dinner

Endolyn Joe's – West Seattle \$

Thursday, August 3, 10:30 am – 1 pm

Menu: endolynjoes.com/menu

Copper & Salt Northwest Kitchen - Tacoma \$\$ - \$\$\$ NEW!

**Please note this is a dinner outing.

Wednesday, August 16, 4 pm – 7 pm

Menu: www.copperandsaltnw.com/menus

Ray's Cafe – Seattle \$\$

Thursday, August 24, 10:30 am – 2 pm

Menu: www.rays.com/cafe/cafe-menu/

Bogey's Public House – Auburn \$

Thursday, September 7, 10:45 am – 2 pm

Menu: www.bogeypublichouse.com/

DES MOINES ARTS COMMISSION

2023 PROGRAMS

SUMMER CONCERT SERIES

WEDNESDAY NIGHTS JULY - AUGUST SHOW STARTS AT 7 PM

REGIONAL ARTISTS

FOOD TRUCKS

BEER GARDEN AND MORE!

THEATER IN THE PARK

SELECT SUNDAYS IN AUGUST

PERFORMANCES FROM:

BURIEN ACTORS THEATRE

SEATTLE SHAKESPEARE

SQUID A RAMA

NOVEMBER 2023 AT THE MAST CENTER



Health and Fitness

African Dance Class

FREE

Wednesdays, 10 am – 11:30 am
July 5 – August 23

Join us as we share rich traditions from West-African Cultures, learn African dance and move to upbeat interactive music.

Tai Chi

\$60, 4 weeks, 8 classes

Tuesdays & Thursdays, 1 pm – 2 pm
June 6 – June 29
July 11 – August 3

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.

EnhanceFitness

\$25/4-week series
\$7/drop in fee

Mondays, 9:30 am – 10:30 am
June 26 – July 17
July 24 – August 14

August 21- September 18, no class on September 4

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.

Stress Free Technology

Tech Help with King County Library System

First Wednesday of the month for June and July, 12:30 pm – 2 pm and 2nd Wednesday of the month August – December, 12 pm – 1 pm

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. Walk-ins welcome.



Lunch at the Des Moines Activity Center

Hot Lunch Ages 60+

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



Everyday Grace Adult Daycare Home

Are you caregiving for a loved one, but still have to work or take a much needed break?

Our Adult Daycare Home provides your loved one with important socialization and activities while you take care of your needs, preventing caregiver burnout.

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Health & Social Services All services are at no-cost unless stated.

Caregiver & Grief Support Group

Every 2nd and 4th Tuesday of the month, 11 am – 12 pm

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.

Social Worker, Referral Services

Mondays, 9:30 am – 10:30 am
in-person, available by phone or email
10:30 am – 1 pm, by phone or email.
No charge, in-person, telehealth and phone appointments. Please call DMAC to schedule your appointment.



Foot Care

1st & 3rd Wednesdays, 9 am – 1 pm
\$35 for a 30-minute appointment.
Please call DMAC to schedule your appointment.

Senior Community Health Screening for Ages 55+

2nd Mondays, 10 am – 1:30 pm
In partnership with POCAAN, free wellness exam. Blood pressure, cholesterol, glucose and nutritional assessment are just some of the services offered. No appointment necessary.

Statewide Health Insurance Benefits Advisors (SHIBA) Services

3rd Mondays, 10 am – 12:30 pm
Have questions or need assistance with Medicare? Please call DMAC to schedule your appointment with Ron Lome, SHIBA volunteer.

Des Moines Elder Law

3rd Thursdays, 10 am – 11:30 am
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.

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.

Transportation

AARP Smart Driver Class NEW!

Tuesday, August 29 and
Wednesday, August 30,
10 am – 3 pm • 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 the onsite Nutrition Lunch Program (Suggested donation per meal; \$4.50). Payment collected on first day of class in either check or money order form. Registration required, must attend both classes. **Payment collected on first day of class in either check or money order form. Registration required, must attend both classes.**
\$20 AARP Member • \$25 AARP Non-member



It's a Bunco Party!



Raffle

Come Join in the Fun at the Des Moines Activity Center
Saturday, August 12, 2023
10 am -2 pm

Door
Prize

Call the Des Moines Activity Center (206) 878-1642
Ticket sales start May 31, 2023 \$25.00

FUN

Appetizers



DES MOINES LEGACY FOUNDATION, IN ASSOCIATION WITH THE MEN IN BLACK BIRTHDAY BASH, PRESENTS



O! Blue Eyes

SATURDAY,
JUNE 24 • 6PM

at the

Bayside Ball

DES MOINES YACHT CLUB

featuring



Individual Tickets: \$60
Preferred Seating for Eight: \$600
On sale now at:
EventBrite: tinyurl.com/ycyetjsu

Join us as we raise funds to support kids, seniors and the arts. Dress is '40s hip, black and white, with a touch of blue to honor the Chairman of the Board.



Visit us at: DMLegacy.org

Blueprint for Living

Registration begins Wednesday, May 31 at 10 am. All classes are at no-cost unless stated.

Caregiver & Grief Support Group

Every 2nd and 4th Tuesday of the month, 11 am – 12 noon

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.

Renewables and EV

(sustainability) workshop – Presented by Puget Sound Energy

Thursday, June 1, 1 pm – 2:30 pm

Join us for a Renewables and EV presentation where you will learn about Puget Sound Energies programs around renewable energy and how you can be part of a sustainable utility future. We will go through all of our different sustainable programs including our solar and green power options. We will talk EV (electric vehicles) and what the future might look like.



Coffee with a Cop

Tuesday, June 6, 11:30am – 12:30 pm

Coffee with a Cop brings police officers and the community members they serve together—over coffee—to discuss issues and learn more about each other.

Youth Mental Health First Aid

Friday, July 7, 9 am – 5 pm

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adolescents ages 12-18. Build skills and confidence you need to reach out and provide initial support to young people who are struggling and help connect them to appropriate support. This event is open to all residents of King County.

Wellness Series – **Humana**

Educational Programming presented by Humana

Every 3rd Wednesday, 10 am – 11 am (Spanish)
Every 3rd Thursday, 1 pm – 2 pm (English)

1. Protect Yourself from Scams

June 21 (Spanish) & June 22

Each year, many people fall victim to scams. It's important to learn about steps you can take to help keep yourself safe.

2. Healthy eating to control cholesterol

July 19 (Spanish) & July 20

What is cholesterol? Cholesterol is a waxy, fat-like substance found in the body's bloodstream and cells. Your body needs some cholesterol to function well. Cholesterol is made by the body and it's found in some of the foods people eat. Too much cholesterol can build up in the arteries and increase your risk of heart disease.

3. Cooking for One

August 23 (Spanish) and August 24

When you're only cooking for one or two, it's easy to fall into a food rut and wonder if it's even worth the extra effort. But don't sell yourself short! Home cooking—no matter the size of your household—is important and many times, the best way to nourish your body with healthy foods.

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!

DMAC WISH LIST

We are asking for the following items:

- Printer copy paper
- Coffee and coffee creamer
- Postage stamps
- Hand soap
- Paper towels

MEDICAL LENDING CLOSET

**Need a walker, cane, wheelchair or commode?
Call DMAC to find out what we have in stock.
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2023

FARMERS MARKET

JUNE 3RD - SEPTEMBER 30TH



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DES MOINES MARINA

10 AM - 2 PM
SATURDAYS





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