

Activity Center and Senior Services Starting on Page 16



# DES MOINES

WINTER 2020

CITY CURRENTS



**CLUB KHAOS**

SEE PAGE 24

**Winter  
Community  
Events**

SEE PAGE 31

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*Rec'n Roll* Find Us Starting on Page 24

**MOUNT RAINIER POOL**  
GOVERNED BY THE DES MOINES POOL METROPOLITAN DISTRICT



*Come make a splash at  
Mt. Rainier Pool!*

**Swim Lessons, Family Swims and Water Exercise  
Get Pre-Approved for Scholarships Today!**

**FALL SCHEDULE 2019** (September 3–December 19)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>SHALLOW END</b>						
5:30-8:30am Water Walking (Mon-Fri) Workout on your own with water belts and walk the pool.					7-11am Swim Lessons	X
8:30-9:30am Aerobics Daily, 10-Visit, 3 Month and Annual Pass Options.						
9:30-11am Water Walking (Mon-Fri)						
11am-1pm Family Swim (Mon-Fri)					11am-1pm Family Swim	11am-1pm Family Swim
1-3pm Cleaning					1-2pm Clean & Set-up	1-3pm Rentals (Lobby available until 4pm)
					2-4pm Open Swim Specials: -1st Saturday \$1 -3rd Saturday Wubit	
4:30-7pm Swim Lessons	4:00-7pm Family Swim	4:30-7pm Swim Lessons	4:00-7pm Family Swim	4-9pm Family Swim - 1st Saturday \$1 Teen Night (7-9 pm) -3rd Friday - (Private PTA Nights) Call for details	4-6pm Rentals (Lobby available until 4pm)	X
7-9pm Family Swim	7-8pm Aerobics	7-9pm Family Swim	7-8pm Aerobics			
<b>DEEP END</b>						
5:30am-1pm Lap Swim (Mon-Fri)					7:00-11:00am Swim Lessons	X
					11am-1pm Lap Swim	
1-3pm Cleaning and Maintenance					1-2pm Cleaning	1-3pm Rentals (Lobby available until 4pm)
					2-4pm Open Swim Specials: -1st Saturday \$1 -3rd Saturday Wubit	
3-7pm Not Available: Mt. Rainier High School and Private Swim & Dive Teams (Mon-Fri)					4-6pm Rentals (Lobby available until 4pm)	X
					7-9pm Lap Swim	

*Come See the Difference!*

Newest calendar available for download of  
schedule page at [www.mtrainierpool.com](http://www.mtrainierpool.com)



- Now Open 7 days/week
- More Weekend Family and Open Swim Times
- Expanded Scholarship Program
- American Red Cross Swim Lessons
- Visit our website for interactive schedule, events, rentals and much, much more

[www.MtRainierPool.com](http://www.MtRainierPool.com)

**Office Hours:**  
Monday/Wednesday/Friday, 5:30am-9:00pm  
Tuesday/Thursday, 5:30am-8:00pm  
Saturday, 7:00am-4:00pm (Rentals 4-6pm)  
Sunday, 11:00am-1:00pm (Rentals 1-3pm)

**Cleaning and Maintenance Closures**  
Mon-Fri, 1-3pm and Sat, 1-2pm



@MTRAINIERPOOL

**22722 - 19<sup>th</sup> Ave S • Des Moines • 206-824-4722**

OPERATED BY THE DES MOINES POOL METROPOLITAN PARK DISTRICT

# Starting on Page 16

## Your Guide to Des Moines Parks, Recreation & Senior Services

Check out the WINTER schedule.

- Adult & Senior Activities—Page 16
- CLUB KHAOS—Page 24
- Youth Sports/Leagues—Pages 25
- Winter Community Events—Page 31



# Rec'n Roll



# 2020 Winter

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# Council Highlights

## CITY COUNCIL HIGHLIGHTS FROM AUGUST–OCTOBER ORDINANCE 1721–1724 RESOLUTION 1402–1407

### Approved the Following Action:

- Consultant Contract Amendment #9, Grant Fredricks.
- Arts Commission Appointment, Tiffani Melake.
- Amendment #1 to the Consultant Contract with Waggoner Marina Consulting/Burrows Bay Associates.
- Lease Agreement with SR-3 for Des Moines Marina, South.
- 2019 Comprehensive Solid Waste Management Plan, Resolution No. 1402.
- Adopt Legislation to Authorize a Sales and Use Tax for Affordable and Supportive Housing, Resolution No. 1403.
- King County Youth and Amateur Sports Grant: Beach Park Auditorium Athletic Floor.
- Childhood Cancer Awareness Month Proclamation.
- National Recovery Month Proclamation.
- Small Cell Facilities Franchise Agreement with Extenet Systems, Inc., Ordinance No. 1721.
- Set a Public Hearing Date for Vacation of Public Rights-Of-Way for South 236th Street (Highline College), Resolution No. 1404.
- 2019–2021 Recycling Program Funding Grant.

## 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  
1<sup>st</sup>, 2<sup>nd</sup> and 4<sup>th</sup>  
Thursdays  
at 7:00pm**

- Property Acquisition for Midway Park Expansion in Pacific Ridge (22104 28th Avenue S).
- Draft Vision 2050 Plan.
- Recycling Rate Adjustment: Recology Cleanscapes, Inc. Contract Amendment.
- Refunding and Refinancing SCORE Bonds and Amended the Interlocal Agreement, Ordinance No. 1722.
- Acceptance of Washington Traffic Safety Commission Grant: Des Moines Municipal Court-DUI Court.

- Domestic Violence Awareness Month Proclamation.
- Des Moines Creek Basin Habitat Restoration Monitoring: Consultant On-Call Agreement Task Assignment for Engineering Services.
- Prostitution Vehicle Impound, Ordinance No. 1723.
- King County Youth and Amateur Sports Grant Acceptance.
- Washington State Recreation and Conservation Office Youth Athletic Facilities Grant Acceptance.
- Interagency Agreement: Edward Byrne Memorial Justice Grant Program Award #2017-DJ-BX-0496.
- Discussion of 2020-2025 Capital Improvement Plan, Resolution No. 1406.
- Small Business Saturday Proclamation.
- Contract Award for Des Moines Play Area Projects.
- Contract Award for Kiddie and City Parks Improvement Projects.
- Surplus Property: Vehicles.
- Replacement of In-Car “Dashboard” Camera Systems.
- Opposition of Initiative-976, Resolution No. 1407.

### Held Public Hearings:

- Street Vacation of Public Rights-Of-Way Within the City of Des Moines Known as South 236th Street (Highline College), Ordinance No. 1724.
- Surplus Property: Surface Water Utility Vehicles and Equipment, Resolution No. 1405.
- 2020 Preliminary Annual Budget.

### Other Action Taken:

- Marina Redevelopment Update.
- Staff Introductions.
- Senior Services Advisory Committee Introductions.
- State of the Court Address.

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<p style="text-align: center;"><b>meineke</b></p> <p style="text-align: center;"><b>UP TO \$50 OFF FRONT AND REAR BRAKE SERVICE</b></p> <p style="font-size: small;">Valid only with purchase of brake pads or shoes. Service must include any parts or services required to restore the system to proper operating condition. Valid on most cars and light trucks. Additional shop supplies or disposal fees may apply. Coupon must be presented at the time of service. Not valid with any other offers, special order parts or warranty work. Expires 2-28-20</p>	<p style="text-align: center;"><b>meineke</b></p> <p style="text-align: center;"><b>15% OFF SHOCKS AND STRUTS</b></p> <p style="font-size: small;">Installation extra. Valid on most cars and light trucks. Additional shop supplies or disposal fees may apply. Coupon must be presented at the time of service. Discount applies to regular retail pricing. Not valid with any other offers, special order parts or warranty work. Expires 2-28-20</p>	<p style="text-align: center;"><b>meineke</b></p> <p style="text-align: center;"><b>SAVE ON SERVICE</b></p> <p style="text-align: center;"><b>\$10 OFF ANY SERVICE OVER \$100</b></p> <p style="text-align: center;"><b>\$25 OFF ANY SERVICE OVER \$250</b></p> <p style="text-align: center;"><b>\$50 OFF ANY SERVICE OVER \$500</b></p> <p style="font-size: small;">Valid on most cars and light trucks. Additional shop supplies or disposal fees may apply. Coupon must be presented at the time of service. Discount applies to regular retail pricing. Not valid with any other offers, special order parts or warranty work. Expires 2-28-20</p>
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## From the Mayor



By Mayor Matt Pina

AS THE YEAR COMES TO A CLOSE and we embark on the holiday season, I feel it's important to talk about the many successes for 2019.

Our Police Department is now fully staffed. Chief Thomas has been working

in partnership with federal agents, as well as state and local law enforcement officers to provide 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 the Des Moines Police Substation. Des Moines law enforcement staff utilize this office space which also houses several multijurisdictional task forces (including FBI agents and US Marshalls), that focus on violent crimes, gangs and gun violence. This strategic approach to law enforcement utilizes vertical integration of federal, regional and local assets to address violent crimes, gangs and drug crimes. It is one of the first of these kind of partnerships in the nation.

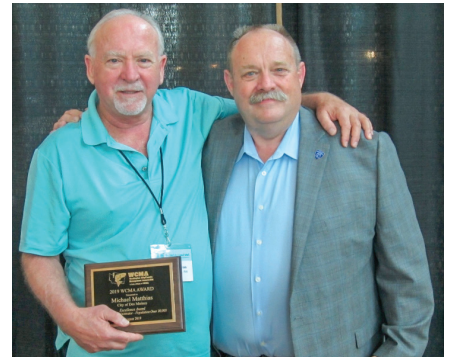
Development activity and future growth opportunities remain strong. Some of the highlights for this year:

- The Des Moines Theater renovation project continues to progress with most of the construction happening either inside the facility or in the alleyway in conjunction with the alleyway utility undergrounding project.
- The Van Gasken property purchase was completed using primarily grant funds, and landscaping design work is in progress.
- The S 216th Street roadway improvement project is on track and scheduled to be completed in early 2020.

- The City partnered with Metro Community Connections to expand service between the Angle Lake light rail station and the Des Moines Marina District with mid-day and Saturday service.
- Fully grant funded property acquisition in the Pacific Ridge Neighborhood for the purpose of expanding Midway Park, adding just short of a half-acre of park property.
- Wesley \$250M campus renovation/expansion project is underway and on track.
- Waterview Crossing, a 326 unit affordable housing/mixed use project in the Pacific Ridge Neighborhood is nearing completion.
- The completion of Havenwood, a new Polygon Northwest home development just south of 272nd Street, and Pacific Heights by DR Horton at South 279th Street and Hwy 99.
- Marina redevelopment planning continues to move forward. The goals for this work is to connect the Marina to the downtown through development of a Marina Steps, similar to Harbor Steps in Seattle. The focus will be on integrating improvements to the Marina waterside with development on the landside of the Marina.
- We continue to reap the benefit of a three step bond upgrade the City received from Standard & Poors to AA+ in late 2018.
- City Administration has worked to enhance communication skills among key staff by engaging a communications coach to work on enhancing skills.

The City celebrated its 60th Anniversary with a number of summer events. The legendary Randy Hansen, American guitarist, known throughout the world for his Rock Tribute Act honoring the late Jimi Hendrix kicked off the summer events, which included summer concerts, community barbeques, a car and wooden boat show and the annual Waterland Parade!

Collaborative City Council and staff work with SCORE resulted in a significant decrease of several hundred thousand



City Manager Michael Matthias and Deputy Mayor Vic Pennington

dollars in costs to the City in 2020. This is the result of refinancing the existing South Correctional Entity (SCORE) Jail facility bonds and positive improvements in their budget process. Additionally, due to the City of Des Moines' drastically improved financial status, the City will also become a "Member City" with an equity position in the SCORE Jail.

The 2020 Annual Operating Budget is solvent, strong and sustainable. The budget was developed to ensure accountability, transparency and excellent delivery of programs and services to the community. The City continues to build a sustainable organization that emphasizes best practices in financial management to assure a bright future for our City. We have listened and sought input from the community as well as employees.

The recommended budget addresses future attrition, enhances succession planning, and maximizes the efficient allocation of resources to accomplish Council's policies and direction.

In August, City Manager Michael Matthias received the 2019 Award for Excellence, the Washington City/County Management Association's (WCMA) top award that recognizes an outstanding administrator or manager who has enhanced the effectiveness of local elected officials and consistently initiated creative and successful programs. The emphasis of the award was to acknowledge City Manager Matthias' efforts to make the City financially strong and solvent for the long term. This award was presented to Michael at the August 14, 2019 WCMA Summer Conference in Kennewick, Washington.

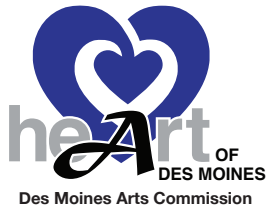
The City is in good hands and moving forward. On behalf of the entire City Council, I wish you a wonderful holiday season and look forward to the opportunities to continue making our City the best it can possibly be.

*Thank you,  
Matt Pina*

*Mayor and Councilmember  
City of Des Moines, Washington*



Chief Operations Officer Dan Brewer, Chief Strategic Officer Susan Cezar, City Manager Michael Matthias, Deputy Mayor Vic Pennington, Assistant Director of Parks, Rec & Senior Services Nicole Nordholm



# Des Moines Arts Commission Position Available

The City of Des Moines Arts Commission (DMAC) is looking for new members! Commission members are appointed by the Mayor and serve a three-year term, or an unexpired portion of a three-year term. These positions are open until filled.

Arts Commission applications are available online at: <https://www.desmoinesartscommission.com/take-action>

Please submit applications to:  
City Clerk  
City of Des Moines  
21630 11th Ave. South, Suite A  
Des Moines WA 98198

Commissioners will be asked to participate in monthly meetings and will be encouraged to assist with project planning, marketing, fundraising and attending Arts Commission activities.

#### 2020 Arts Commission Events:

- Beach Park Summer Concerts, July–August
- Shakespeare in the Park, August
- Squid-A-Rama, November
- Art on Poverty Bay Outdoor Sculpture Gallery, two-year cycles

If you would like more information about the Des Moines Arts Commission or if you would like to volunteer at Arts Commission events, please contact the Arts Commission at [info@desmoinesartscommission.com](mailto:info@desmoinesartscommission.com) or call (206) 870-6562.



## 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 business would receive tremendous exposure. For more information or to participate in the program, please call (206) 870-6547 or email [jb主@desmoineswa.gov](mailto:jb主@desmoineswa.gov)

## DES MOINES DIRECTORY

**City Hall**  
21630 11th Avenue S  
(206) 878-4595  
**Business Hours**  
Monday–Friday  
8:00am–4:30pm  
[www.desmoineswa.gov](http://www.desmoineswa.gov)



**City Council**  
Matt 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) 870-6519  
Planning/Building (206) 870-7576  
Engineering (206) 870-6522  
Facilities Rentals (206) 870-9370  
Finance Director (206) 870-6532  
Marina (206) 824-5700  
Municipal Court (206) 878-4597  
Parks Administration (206) 870-6527  
Police Department (206) 878-3301  
Public Works/Park Maintenance (206) 870-6559  
Recreation (206) 870-6527  
Senior Services (206) 878-1642

**Other Numbers**  
Emergency 911  
Animal Control (206) 870-6549  
Field House (206) 870-6527  
Fire (non-emergency) (253) 839-6234  
Library, Des Moines (206) 824-6066  
Library, Woodmont (253) 839-0121  
Police Dispatch (non-emergency) (206) 878-2121

**Utilities and Services**  
Century Link (800) 573-1311  
CleanScapes (206) 762-4900  
Comcast (877) 778-7008  
Highline Water District (206) 824-0375  
Lakehaven Water/Sewer (253) 941-1516  
Midway Sewer District (206) 824-4960  
Puget Sound Energy (800) 321-4123  
SW Suburban Sewer (206) 244-9575  
Water District #54 (206) 878-7210  
**CALL BEFORE YOU DIG:**  
Utility Locates (800) 424-5555

**DES MOINES** CITY CURRENTS  
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Janet Best (206) 870-6547 jbest@desmoineswa.gov

# The New and Improved Shoreline Master Program is Complete!

The City of Des Moines has completed its required periodic review of its Shoreline Master Program, or SMP for short. The SMP provides a comprehensive vision, the policy framework, and regulations for how the shoreline area will be used and developed over time. Approximately 115 acres of land is regulated by the SMP and it's one of the City's most important documents.

During this periodic review, Des Moines updated the SMP to comply with current State law, clarified content to facilitate submittal and review of projects, and made changes that include:

- Allowing for light commercial water-related uses such as kayak rentals in the Beach Park and Saltwater State Park;
- Allowing for Marina maintenance dredging without the requirement of a Conditional Use Permit (CUP);
- Raising the cost threshold that allows for renovation of nonconforming structures within the shoreline.
- Clarifying that residential sheds, patios, cabanas, and hot tubs may be permitted through a shoreline exemption.
- Allowing for dive parks without requiring a CUP or shoreline variance.

The City's Planning Division coordinated several events for the public to provide feedback. A Public Hearing was held on April 11, 2019 and City Council adopted the newly amended

SMP on July 11, 2019. The City hopes that the new SMP will make it easier for Des Moines residents and developers to understand the shoreline permitting process and requirements. The SMP may be accessed at <http://www.desmoineswa.gov/DocumentCenter/View/199>



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# Housing Repair Assistance Program



The City of Des Moines is once again providing minor home repair services to City resident homeowners who have “extremely low” to “low” incomes based on U.S. Department of Housing and Urban Development (HUD) income guidelines. This is done by providing free repair services to improve the health and safety of our residents as they live in their homes. Funding for this program is provided by a Community Development Block Grant through King County.

Services provided include but are not limited to:

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

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

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

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

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

### How do I qualify for these free services?

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

### How do I apply?

To apply for this program please follow these directions:

1. Request an application by calling (206) 870-6535

2. Complete the application forms and return them with the supporting documentation to the City of Des Moines/Minor Home Repair at: 21630 11th Avenue S, Suite D, Des Moines WA 98198.
3. Once your application is processed and evaluated you will receive a phone call informing you of your acceptance or non-eligibility for our program. Upon acceptance your job will be referred to one of our contractors who will call you to make an appointment to perform those services. Services that are required for your health and/or safety are the highest priority.

DES MOINES ACTIVITY CENTER  
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at an Irish Wake

**Luck O' Irish**  
**Uncle Sean's Funeral**

Friday March 20, 5:30pm  
\$30 per person/\$175 a table of 8

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Buy your tickets@desmoineswa.gov/seniors

21 & Over

Seans Bar

Old Uncle Sean

## Pet waste pollutes

Stormwater carries bacteria from pet waste into streams and rivers directly from the land and through storm drains.

## Scoop the poop, bag it and place it in the trash



# Redondo Fishing Pier Replacement

The City will begin design and permitting efforts in 2020 for complete replacement of the Redondo Fishing Pier. It is expected that this initial process will take approximately one to two years to complete to ensure the new facility has an expected service life of 40+ years, similar to the recent Redondo Boardwalk Replacement project. Depending on funding and final design, construction will then take approximately

one year to complete. In the meantime, the fishing pier will remain closed to public use due to the existing facility condition and limited cost effective, short-term repair options.

For more information on the Redondo Fishing Pier project please visit the City's website, under "City News," or contact the City's project manager Andrew Merges at [amerges@desmoineswa.gov](mailto:amerges@desmoineswa.gov) or (206) 870-6568.

The City of Des Moines Marina offers Overnight Pier Passes at a cost of \$25.00 per quarter. Passes allow 24 hour access, secured parking and restroom facilities to the north lot only of the Des Moines Marina. A valid fishing license, driver's license and vehicle registration all in the purchasers name required. Please contact the Des Moines Marina Office at (206) 824-5700 to purchase your pass.

## NEED A JOB THAT FITS YOUR SCHEDULE?

### FREE TRAINING and FLEXIBLE WORK HOURS

Now hiring swim lesson instructors and lifeguards

Applicants must be 15 years or older

Course fee waived for participants willing to make a six-month commitment



Call Lauryne at 206-824-4722 about free training available and options and swim training to help meet the requirements. Join our team. Flexible schedules available for academics and extra-curricular activities.

**Not a great swimmer?**  
Call about free swim training



MOUNT RAINIER POOL, DES MOINES POOL METROPOLITAN PARK DISTRICT  
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206.429.3852 | [dominic.finazzo@mtrainierpool.com](mailto:dominic.finazzo@mtrainierpool.com)



@MTRAINIERPOOL

In partnership with the Des Moines Police Department  
Prince of Peace Lutheran Church presents



Please join us:  
Saturday, January 25, 2020  
10:00am-1:00pm  
Prince of Peace Lutheran Church  
19030 8th Ave S, SeaTac, WA 98148



This seminar will include information on:

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

Presented by:

MPO Nate Chevallier & CSO Tonja Seaberry

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](mailto:tseaberry@desmoineswa.gov).

Join us for our first Coffee with a Cop of 2020!  
Tuesday, January 14, 2020

9:00am-10:00am

Judson Park Retirement Community  
23600 Marine View Drive South  
Des Moines WA 98198



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No agenda or speeches, just a chance to  
ask questions, voice concerns, and get to know  
the officers to your neighborhood!

For more information - contact CSD Tonja Seaberry (206) 870-7619

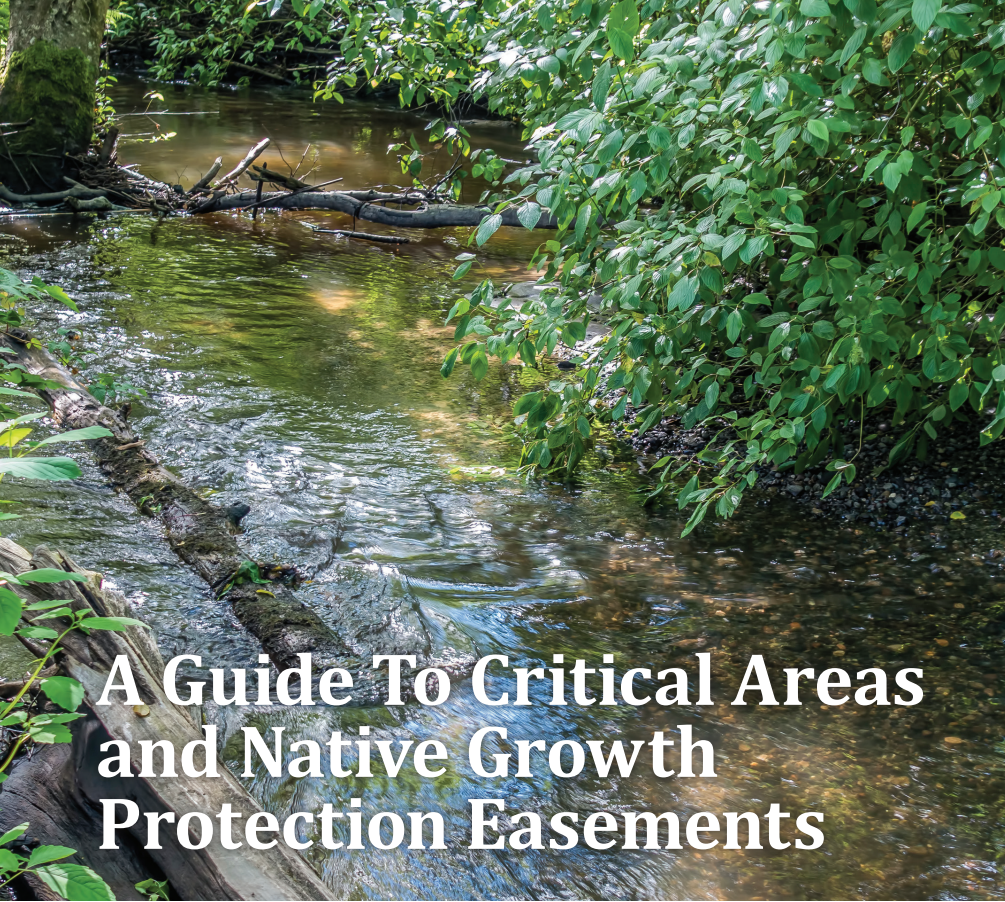
## MEMORIAL BENCH DONATION PROGRAM



*New sites are  
available in the  
Marina and  
South Marina Park.*

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 10-year timeframe.

If you are interested in purchasing a bench to honor someone you know, please call (206) 870-6547 for more information or email [jbest@desmoineswa.gov](mailto:jbest@desmoineswa.gov)



# A Guide To Critical Areas and Native Growth Protection Easements

**D**es Moines is rich in beauty and natural resources that include the Puget Sound shoreline, hillsides and bluffs, urban forests, diverse streams and wetlands, fish, wildlife and open space. Areas that provide critical environmental functions are classified as ‘environmentally critical areas’ (ECAs) and ‘shoreslines’ both of which require protection to keep our environment safe and under local and state law. Regulations protecting these areas are found in Title 16 Environment of the Des Moines Municipal Code and the Shoreline Master Program that can be accessed on the City’s website: [www.desmoineswa.gov](http://www.desmoineswa.gov)

**Does my property have an ECA or Native Growth Protection Easement?**  
To see if your property has mapped ECAs, go to our Geographic Information System (GIS) page at: <https://dmwa.maps.arcgis.com/home/index.html>, click on the ‘Des Moines Critical Areas’ map under Featured Apps and search by address or parcel number. These maps are just advisory, and if you are applying for a development permit, we will use detailed property information, such as a topographic survey or professional wetland report, to confirm if an ECA is present.

Some properties have a ‘Native Growth Protection Easement’ (NGPE) which is a permanently protected critical area, a critical area buffer or both. Current and future landowner(s) of the NGPE, are the custodians of important environmental features and are responsible for protecting and preserving these areas in their natural state. Most NGPE’s have signs and fencing along their perimeter placed when they were first established. Sometimes signs are removed or damaged and are no longer in place. If you think you may have an NGPE on your property, but there are no signs, you can check the property title, King County Records or contact a City planner.

**Critical areas and permitting...**  
If you plan to build, expand, redevelop, clear or grade your property, you will need to know the exact location of any critical areas or buffers on your property. You may need a formal critical area delineation and/or study to submit for permitting. City staff can advise you of what you will need for your particular project.



*Landslides can result in enormous public and private costs, and severe threats to public safety and natural resources. Scientific research shows that unstable slopes are best protected by undisturbed buffers.*

**What happens if someone alters or disturbs a critical area?**  
If critical areas are disturbed, the critical area will need to be restored at the owner’s expense. This typically includes costs for environmental specialists to assess the impacts and develop a restoration plan. It can also lead to monetary penalties if the restoration is not completed.

**Our planners are here to help you!**  
If you have questions about critical areas, NGPEs, or permitting contact a planner by phone or e-mail. Here is a link to our Staff Directory: <http://www.desmoineswa.gov/Directory.aspx?DID=8>



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



**Vivian H Bae DDS**  
FAMILY DENTAL CARE

PERSONAL, HIGH QUALITY DENTAL CARE  
20710 1st Ave S, Des Moines, WA 98198 | 206-878-8180 | [www.vivianbaedds.com](http://www.vivianbaedds.com)



## Training for Des Moines Residents at NO CHARGE!

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.

If you are interested in future classes please sign up for our CERT informational e-mail list. We will notify you as classes become available.

**Next Class: January 15 through March 11, 2020**  
**Wed. Nights Des Moines Police Department 6:00pm to 9:00pm**  
**Final Drill March 14, 2020 at 9:00am**



Questions? Please contact Shannon Kirchberg (206) 870-6562 e-mail [skirchberg@desmoineswa.gov](mailto:skirchberg@desmoineswa.gov)



## 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 [jbest@desmoineswa.gov](mailto:jbest@desmoineswa.gov) for additional information.



Sound Auto Care specializes in the diagnostics, repair and maintenance of European, Asian cars and trucks.

We now have tires! Are your tires ready for winter? Come by for a free tire inspection and winter check-up.

Check our website for more information about our services - [www.soundautocare.com](http://www.soundautocare.com)



Call 206-209-0972

[www.soundautocare.com](http://www.soundautocare.com) | 18451 Des Moines Memorial Dr. | SeaTac

# GEHRKEBAKER DOULL & KELLY

ATTORNEYS AT LAW

PROUD MEMBER OF THE DES MOINES COMMUNITY

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

FREE AND CONVENIENT PARKING

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

VISIT US ON THE WEB  
[WWW.GEHRKELAWOFFICES.COM](http://WWW.GEHRKELAWOFFICES.COM)



# 12 Days of Goodness

Monday, December 23 10:00am

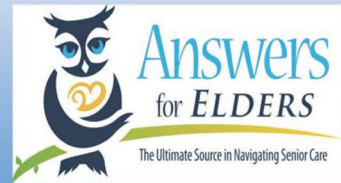
Des Moines Activity Center

Together with some of pro football's most legendary players, representatives from Answers for Elders and NFL Legends will be visiting the Des Moines Activity Center.

Join us for *The 12 Days of Goodness*, to bring joy and touch the hearts of seniors! Our mission is to inspire each and every fan to give at least one act of kindness to a senior during these 12 days.



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



friendship • fitness • fun

# Sock Drive January 21-31



## Let's Keep Feet Warm & Toes Toastie

Drop off new pair of socks for adults or child

@ Des Moines Activity Center

2045 S 216th St, Des Moines, WA 98198, Call, 206-878-1642

We will be delivering the socks to our local homeless shelter.

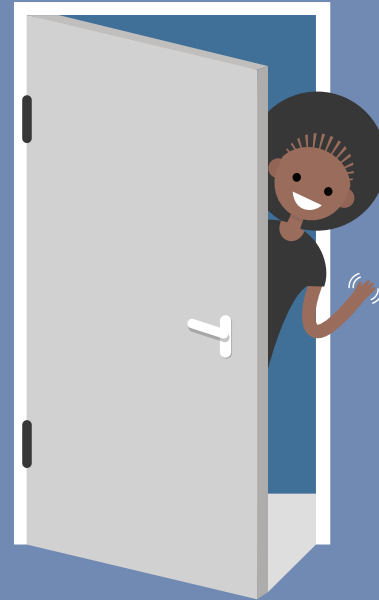
# STAFF COMINGS & GOINGS

## COMING

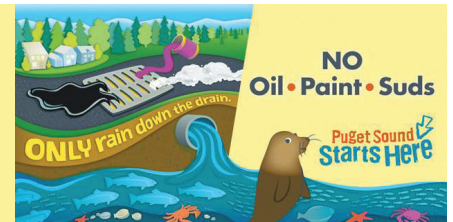
Andrew Zion	Court Clerk
Barbara Knecht	Senior Services Manager
Betsy Dunn	Human Resources Project Coordinator
Elizabeth Roberts	Court Clerk
Katherine Talcott	Records Specialist
Mark Couey	Assistant Police Chief
Novy Donato	Senior Services Engagement Coordinator
Robert Gregorio	Civil Engineer I
Rochelle Sems	Domestic Violence Victim Advocate
Scott Eatchel	Animal Control Officer
Shawn Hunstock	Deputy Finance Director

## GOING

Ashley Grover	Court Clerk
Dave Maresh	Engineering Inspector
George Delgado	Director of Emergency Management
Jacob Lilley	Police Officer
Jan Magnuson	Master Animal Control Officer II
Kathy Burrows	Senior Services Manager
Mara Anne Dominowski	Police Officer I
Paul Guest	Court Marshal
Tim Kissler	Engineering Technician



## 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](mailto:tbeekley@desmoineswa.gov) or Janet Best, Volunteer Coordinator at (206) 870-6547, [jbest@desmoineswa.gov](mailto:jbest@desmoineswa.gov)



# THE DES MOINES ACTIVITY CENTER

Ages 50+ Fun & Activities

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

**Email** seniors@desmoineswa.gov

### 2020 Holiday Closures

December 24 (offices close at noon), December 25, January 1, January 20, February 17

*During periods of inclement weather, we reserve the right to cancel trips.*

### Location & Hours

2045 S 216th St, Des Moines, WA 98198

*[next to the Des Moines post office]*

Monday – Friday 9:00am–4:00pm

Find us on

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



friendship • fitness • fun

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

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## WHAT'S HAPPENING!



### Celebrate your birthday with us!

Second Tuesday of every month 11:30am

### Holiday Movies

Tue Dec 3, 10 & 17 12:30pm

### Holiday Luncheon - Register by December 12

Wed Dec 18 11:30am

### 12 Days of Goodness

Mon Dec 23 10:00am

### New Year's Eve Daylight Dance

Tue Dec 31 1:30pm–3:30pm

### Pajama Day

Thu Jan 2 All day event

### Valentine's Day

Thu Feb 13 10:00am

### Mardi Gras Party

Laissez les bons temps rouler! Join us for entertainment and a gumbo lunch!

Tue Feb 25 10:00am

### St. Patrick's Day Celebration

Tue Mar 17 11:00am

### Murder Mystery Dinner

Irish themed Murder Mystery Dinner called Uncle Sean's Funeral. Come dress as if you are coming to an Irish Wake for Uncle Sean! Registration required. \$30pp/\$175 table.

Fri Mar 20 6:00pm

## SAVE THE DATE



**REGISTRATION FOR TRIPS AND CLASSES STARTS MONDAY, DEC 2 AT 9:00AM**



## ADULT ADVENTURES

### DAY TRIPS

Explore the Northwest and leave the driving to us! Ages 50+. Travel days vary. **Scholarships are available – ask when registering.**

*During periods of inclement weather, we reserve the right to cancel trips.*

#### KEXP Radio Station Tour, Seattle

KEXP operates one of the most influential listener-supported radio stations in the world, 90.3 KEXP-FM Seattle. Join us at KEXP for a cup of coffee from La Marzocco's featured roaster, shop for music at Light in the Attic Record Shop, take a tour and listen to the live radio broadcast. Lunch at Seattle Center.

Wed Jan 22 8:30am–2:00pm \$25

#### Valentinetti Puppet Museum, Bremerton

Valentinetti Puppet Museum showcases the magnificent craftsmanship of generations of puppet artists. Many of these artists are long gone, but at the museum you can still see their work, sense their devotion to a unique art form, and almost hear the laughter that they lovingly created in children long ago. Lunch at Fritz' European Fry House.

Wed Jan 29 8:00am–4:00pm \$25

#### Lawless Forge, Seattle

You'll be transported to an old-world blacksmith shop, yet remain in the heartland of Seattle's industrial district. You will use fire, hammers, and anvils to turn hot steel into a finished product. Start with a horseshoe and walk away with your very own knife to take home! NO PRIOR EXPERIENCE REQUIRED. Lunch at Jack's BBQ - SODO.

Wed Feb 5 8:00am–3:00pm \$45



#### Seattle Chocolate Factory Tour, Tukwila

Explore chocolate-making machines and the start-to-finish creation of truffles and bars. Discover the history of chocolate, the untold stories of Seattle Chocolate Company, and learn how new flavors are invented. Lunch at Bahama Breeze.

Wed Feb 12 9:00am–3:00pm \$25

#### Tacoma Art Museum (TAM)

The museum's collection of more than 5,000 works emphasizes the art and artists of the Northwest and broader western region. Lunch on your own at the TAM café.

Wed Feb 19 9:00am–3:00pm \$25

#### Uwajimaya, Seattle

Uwajimaya is one of the largest Asian grocery retailers in the Pacific Northwest. Take part in a self-guided tour, and dine in their in-store food court. If you're 60 or older, shop from open to 11am for 10%\* off your regular priced purchase!

Tue Feb 25 8:00am–1:00pm \$10

#### Log House Museum, West Seattle

Tour the Log House followed by a self-guided walking tour of Alki representing some of the most historically significant and prominent sites all while you also appreciate the views of the beach and the growth that is the current Alki neighborhood. Lunch at Cactus Southwest Kitchen + Bar Alki Beach.

Thu Mar 5 9:30am–2:00pm \$15

#### MoPoP, Seattle

We'll take a trip to this museum dedicated to a broad range of unique, contemporary pop culture exhibits featuring music, sci-fi, fantasy, and more! Lunch on your own at the museum restaurant.

Wed Mar 11 8:15am–3:00pm \$30

#### Wastewater Treatment & WET Center Tour, Olympia

Learn all about water – one of our most precious resources. Join us on a tour about the water cycle, wastewater treatment, reclaimed water, careers in the wastewater field, water conservation, and more. Lunch at Budd Bay Cafe.

Wed Mar 18 8:15am–4:00pm \$25

#### Northwest Trek Wildlife Park, Eatonville

Let's visit this 720-acre wildlife park with native Northwest animals, forest, trams and more. Pack a lunch or dine in at the park's own Forest Café.

Wed Mar 25 8:00am–4:00pm \$30





### Out to Lunch

Ages 50+. Enjoy a no-host lunch at new and old favorite eateries around the Sound. All trips depart 10:00am–10:45am and return about 2:00pm. \$10 transportation fee.



Fri	Jan 10	The Bair Bistro, Steilacoom
Fri	Feb 7	Mediterranean Breeze, Kent
Fri	Mar 13	Water's Table at the Hyatt Regency, Lake Washington

### Ongoing Activities

Join in the fun! No registration required.

Wii Games & Sports	Mon/Wed/Fri	10:00am–1:30pm
Hand & Foot Cards	Mon/Fri	1:00pm–4:00pm
<b>NEW CLASS!</b> Bingo!	Tue	1:30pm–3:00pm
Mexican Train Dominoes	Tue	1:00pm–4:00pm
Arts & Crafts	Wed	9:00am–11:30am
American Mahjong	Wed	12:30pm–3:00pm
Duplicate Bridge	Fri	10:00am–1:30pm

### Travel With Collette

#### Canadian Rockies & Glacier National Park

June 12–20, 2020

Book now & Save \$150 per person

Double \$2,999\* Single \$3,699 Triple \$2,969

Travel on a 7-day trip to the Canadian Rockies & Glacier National Park. Some of the trip highlights include; Calgary, Glacier National Park, Banff, Waterton Lakes National Park, and Chateau Lake Louise. Nine meals and round trip air from Seattle are included in the price.

For reservations contact: Barbara Knecht (206) 870-6584. For bookings made after December 13, 2019 call for rates.

A deposit of \$500 per person is due upon reservation. Reservations made after the deposit due date of December 6, 2019 are based upon availability. Final payment due by April 15, 2020. Deposits are refundable until December 13, 2019.

*\*All rates are per person and are subject to change, based on air inclusive package from SEA.*



## LUNCH AT THE ACTIVITY CENTER



Lunch provided by Catholic Community Services. Join us for a nutritious and social lunch. \$4 suggested donation.

Mon-Thu 11:45am Activity Center

*\*No lunch service on January 1, January 20, February 17.*

### WONDERING WHAT'S COOKING?

View the monthly menu from the city's website: [www.desmoineswa.gov/seniors](http://www.desmoineswa.gov/seniors)



**Tuesdays**  
**1:30pm-3:30pm**  
**\$1 donation**  
**.25 per game**  
**Colored Dabber- \$1**  
**5 different Bingo Games**  
**Game 6- Black Out- Grand Prize**

## VOLUNTEER OPPORTUNITIES

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

- Kitchen volunteers
- Office Volunteers
- Dining room set up
- Special events team
- Be a field trip van driver
- And many more!

*We love our  
Volunteers!*



## TRANSPORTATION



### Getting Around

Get your ORCA card—Senior and Disabled Reduced Fare

No need to go downtown—ORCA is here! Come get your adult, senior and disabled regional ORCA card. Must be 65 to qualify as a senior. The card is free! Cash, checks and major credit cards accepted for e-purse payment.

Tue Feb 18 9:30am–11:30am

### Learn to Ride Metro Transit Bus and Light Rail

You must pre-register and attend both Part 1 and Part 2 classes. Call to register: (206) 878-1642

#### Part 1: Classroom Presentation

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

Mon Dec 2 9:30am–11:00am  
Mon Mar 2 9:30am–2:30pm

#### Part 2: Group Instruction Outing

Gain confidence by riding the bus and light rail with our group. The Metro instruction will escort us on a trip so we can practice riding the bus to the light rail. Then we'll all get on the light rail to the University of Washington, and make a practice stop along the way to experience getting on and off the light rail.

Wed Dec 4 9:30am–2:30pm  
Wed Mar 4 9:30am–2:30pm

### AARP Smart Drivers Course

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 Nutrition Lunch Program. Payment collected on first day of class in either check or money order form.

\$15 AARP Member/\$20 AARP Non-member  
Tue & Wed Feb 11 & 12 10:00am–2:30pm

## STRESS FREE TECHNOLOGY



### Computer Lab

The computer lab at The Des Moines Activity Center is open for use or see one of our tutors with general questions.

Mon	Jan 13	10:00am–11:00am
Mon	Jan 27	9:00am–4:00pm
Mon	Feb 10	9:00am–4:00pm
Mon	Mar 16	10:00am–11:00am
Mon	Mar 23	9:00am–4:00pm

### Beginner Smart Phone Workshops

Must bring in your smart phone to class to facilitate learning these skills on a device regularly used. These classes are free workshops.



### Basic Smart Phone Settings

Increase your understanding of your phone settings menu and contacts.

Mon Feb 24 10:00am–11:00am Activity Center

### Basic App Skills

Learn about different apps, how to install and use helpful apps.

Mon Mar 9 10:00am–11:00am Activity Center





## ARTS & CRAFTS



### Gingerbread Houses

Gingerbread Houses at the Des Moines Activity Center. Make and decorate a gingerbread house. All supplies provided, while they last.

Tue Dec 10 10:00am FREE

### Holiday Ceramics with Happy Creationz Studio

Choose a holiday ceramic, paint, apply sealant, dry, accessorize and take home. Perfect for holiday gifting or décor!

Mon Dec 16 10:00am–11:30am \$25

### Valentine's Day Arts & Crafts

Celebrate all things love by making a super sweet Valentine's Day photo frame craft.

Thu Feb 13 10:00am–11:00am FREE

### Mardi Gras Arts & Crafts

Color, decorate, and make a fabulous masquerade mask. Wear your mask to our Mardi Gras party at lunch!

Tue Feb 25 10:00am–11:00am \$5

## ADULT FITNESS

### Enhance Fitness (Silver & Fit Eligible)



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-sponsors are Group Health and Sound Generations. Instructor: Yu San Gartz

Tue/Thu/Fri		Field House
Jan 2–31	8:00am–9:00am or 9:20am–10:20am	\$52
Feb 4–28	8:00am–9:00am or 9:20am–10:20am	\$48
Mar 3–31	8:00am–9:00am or 9:20am–10:20am	\$52

### Tai Chi–(Silver & Fit Eligible)



This class is broken down into Introductory Levels and Continuation Levels. The class familiarizes students with the basic movements of Tai Chi and explore 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. Instructor: John Lindsay

Mon/Wed		NP City Hall Rec Ctr
Jan 27–Feb 24*	1:00pm–2:00pm	\$60
Mar 2–Mar 25	1:00pm–2:00pm	\$60

\*No class Feb 17

### Yoga–All Levels Welcome (Silver & Fit Eligible)

Guided Meditation & Gentle Yoga for seniors: This class begins with a seated guided meditation and then moves to gentle, all levels seated and standing postures with the assistance of a chair. Develop strength, flexibility, balance and focus. Poses work the spine, hips, shoulders, ankles and feet, hands and wrists. Come practice patience, ease, and gentle quiet strength and effort for stability and longevity. Instructor: Meagan of Sugarcane Yoga.

Thu		Activity Center
Jan 23–Mar 12	4:30pm–5:30pm	\$55
Mar 26–May 14	4:30pm–5:30pm	\$55



### Dance for Parkinson's

(For adults with movement issues)

Explore dance movements in a welcoming environment with live music. Caregivers and friends are invited to join in! No dance experience necessary. Presented by Seattle Theatre Group (STG) and Spectrum Dance Company. Register in advance by calling Shawn Roberts, Seattle Theatre Group, (206) 518-5232 or in person at the first class. Suggested donation \$5.



**Mon** Activity Center  
 Jan 6–Mar 2\* 2:00pm–3:30pm  
 \*No class Jan 20 & Feb 17



### SUNDAY WALKS!

Local resident Gary McNeill hosts walks on (typically) the 3rd Sunday each month. The location and routes of the walks are subject to change, so updated information can be obtained on Meetup.com by searching for Des Moines Waterland Walking Group.

- Sun Jan 26 11:00am**  
 Des Moines Creek Trail  
 Meet at the northwest corner of Des Moines Marina by the fishing pier and bathrooms
- Sun Feb 23 11:00am**  
 Saltwater State Park  
 Meet near the bathrooms in the lower parking lot
- Sat Mar 21 11:00am**  
 Redondo Boardwalk and MAST Center  
 Meet on the Redondo Pier near the bathrooms and espresso stand

### Easy Does It Fitness

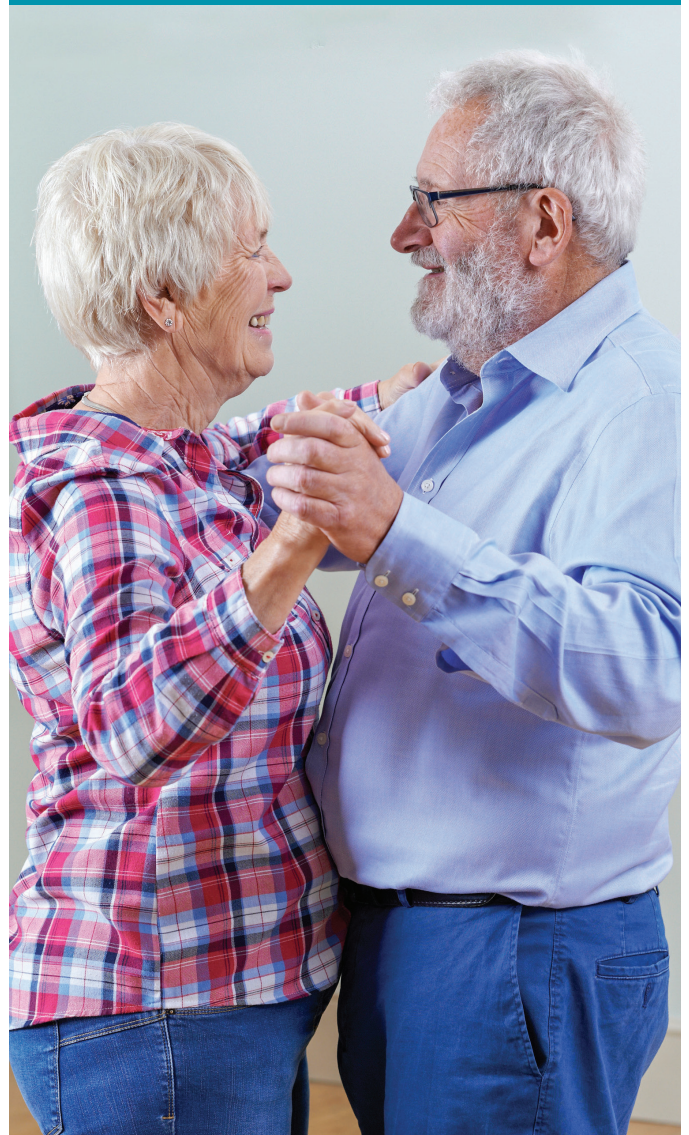
These chair based exercises will develop your cardio fitness, balance, muscular strength, and increase flexibility.

**Mon–Thu** Activity Center  
 Ongoing 11:00am–11:30am

### SUNDAY DANCES!

Dancing stimulates your mind, body and soul! Waltz, Jitterbug, Swing...move to the live music of Randy Litch on our beautiful hard wood floor. Adults of all ages welcome!

Sun	Activity Center	
Jan 26	1:00pm–3:00pm	\$5
Feb 23	1:00pm–3:00pm	\$5
Mar 22	1:00pm–3:00pm	\$5





## BLUEPRINT FOR LIVING

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

### CLASSES AND WORKSHOPS

#### eBook & Catalog Demo

Come discover how to access thousands of FREE eBooks and learn how to use the King County Library System's public catalog. Bringing your own device is encouraged. Apple or Google ID and password username and password required to access the Overdrive/Libby app. Facilitator: KCLS Librarian

Mon	Jan 6	10:00am	FREE	Activity Center
Mon	Mar 2	10:00am	FREE	Wesley U

#### eBook & Find Your Next Great Book Demonstration

Come discover how to access thousands of FREE eBooks and find your next great read! Bringing your own device is encouraged. Apple or Google ID and password username and password required to access the Overdrive/Libby app. Facilitator: KCLS Librarian

Mon	Feb 3	10:00am	FREE	Wesley U
Mon	April 6	10:00am	FREE	Activity Center

#### Expanded Property Tax Reduction Program

Residents 61 years old or older, who own their home, and have an annual income of \$58,000 or less, may be eligible for a property tax reduction. Meet with King County Assessor John Wilson and hear about this new program and get assistance in applying online for exemption.

Wed	Jan 15	10:30am–11:30am		Activity Center
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#### Contemporary Ethics

Join Dr. David Smith in an exploration of contemporary ethics, including relativism, egoism, utilitarianism, deontology, divine command theory, and virtue theory. See how these apply to contemporary moral issues, including abortion, sexual and reproductive ethics, capital punishments, war, suicide, physician-aided dying, euthanasia, gun control and environmentalism. The discussions will include both moral and legal considerations. Dr. Smith's mission is to empower people to think for themselves about things that matter.

Instructor: Dr. David Smith, University of Washington and Humanities Washington

Wed	Jan 15–Mar 4	1:00am–2:00pm		Wesley Terrace Classroom
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#### Active Shooter Training

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.

Tue	Jan 21	9:00am–12:00pm		Activity Center
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#### Color Pencil Art

In this four-week class you will create a variety of color pencil projects while exploring a new technique during each class. Class size is limited so Karen can provide individualized attention, whether you are just starting to explore this art or want to advance your technique. Materials fee \$38.

Instructor: Karen Smith, artist and instructor, South Seattle College

Tue	Jan 28–Feb 18	1:00pm–3:00pm		Wesley Terrace Arts Studio
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#### 10 warning Signs of Alzheimer's/ 10 Señales de Advertencia de la Enfermedad de Alzheimer's

Memory loss often changes as we grow older. Do you know the 10 warning signs of Alzheimer's/dementia? What is the difference normal age-related changes vs signs of Alzheimer's/dementia? Join us for this FREE presentation given by the Alzheimer's Association Washington State Chapter.

Tue	Feb 4	10:00am–11:00am		English
				Presenter: Maggie Christofferson

Thu	Feb 6	10:00am–11:00am		Spanish
				Presenter: Estela Ochoa

#### Senior Money Presentation to Stop Scams

This FREE presentation will cover:

- How to safely handle "robo" calls
- Preventing identity theft
- Imposter scams
- The most common fraud tactics
- A mental framework that will help you identify and avoid scams
- What to do if you are victimized.

Tue	Feb 11	10:30am		Activity Center
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### Mary Kay

Beauty consultant Carman Rudy will talk about different skin care options. She will demonstrate how the Mary Kay products may improve your skin quality. Carman will bring other Mary Kay products for hair and nail.

Tue Feb 25 10:30am FREE Activity Center

### Introduction to Polymer Clay

Learn the basics of working with polymer clay. Come see how fun, versatile, and satisfying this medium can be - expand your artistry! Instructor: Sarah Schoenfeld, Highline College.

Tue Mar 3-24 1:30pm-3:00pm \$45 Activity Center

### Ingredients for Longevity

Learn how to age gracefully and continue to live a healthy and active lifestyle. Hear about the changes in calorie, protein, and nutrient needs that we experience as our bodies age. We will talk about nutritional recommendations to help decrease risks of developing chronic diseases including diabetes and heart disease. Learn tips on how to cook simple and delicious meals that are healthy, balanced, and budget-conscious.

Presented by: Christy Goff, RD, CD, Living Well Alliance, Pacific Medical Centers

Sponsored by: Comfort Keepers In Home Care

Registration required.

Thu Mar 12 10:00am FREE Activity Center

### Murder Mystery Dinner

Join us for a wake themes Murder Mystery called Uncle Sean's Funeral. Come dressed as if you are coming to an Irish Wake for Uncle Sean! Solve the mystery and win a prize! Meal is included with your ticket purchase. Cash bar. Registration required.

Fri Mar 20 6:00pm \$30pp/\$175 table Activity Center



## FREE HEALTH & SERVICE PROGRAMS

Ages 60+

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

2nd Wednesday's of each month.

By appointment only, call (206) 878-1642.

### Foot Care

Weekly on Wednesdays and Thursdays by appointment only, call (206) 878-1642.

### On-site Social Worker

Weekly on Wednesday's 10:00am-2:00pm. Meet with Gerry Stone whose social support service focuses will be for grief support, one-to-one counseling, resources and information, leading workshops (Medical Power of Attorney, Health Care Directives), and assistance with health insurance, caregiver and depression issues. By appointment only, call (206) 878-1642.

### Legal Services

Fourth Thursday of each month. By appointment only, call (206) 878-1642.

### Immigration Consultation

The last Friday of the month, free 30-minute Immigration Consultations to answer questions about Green Card Renewal, Naturalization, Citizenship, Travel Documents, Freedom of Information Act Requests, Work Permit Application & Renewal, and bringing family members to the U.S, and more. By appointment only, call (206) 779-5429. Provided by the West African Community Council's Immigration and Referral Service.

## MEDICAL LENDING CLOSET

Are you slated for a surgery and may need medical equipment such as a bath bench, walker or commode during rehab? Check out our self-service Medical Lending Closet!

- Donation suggested (\$5-25)
- Equipment available for short-term use
- Available on a first-come basis
- Items are clean when checked out and should return clean



**MEDICAL LENDING CLOSET**  
**Des Moines Activity Center**  
**2045 S 216th Street, Des Moines WA**  
**Monday-Friday, 9:00am-3:30pm**  
**(206) 878-1642**



## 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!

**Grades K-5 Mon-Fri R/NR**  
**Registration Fee: \$30/\$35**

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

**Financial Scholarships Available:**  
**Please call (206) 870-6527 for detailed information!**

Monthly sessions throughout the school year.

### 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.

**6:30am – school starts**

**Dates R/NR**  
 Jan \$280/\$340  
 Feb \$266/\$322  
 Mar \$310/\$375

**Daily Drop-in Fee: \$17.75/\$21.50**

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

### 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.

\*Fridays must be paid separately.

**School dismissal – 6:00pm**

**Dates R/NR**  
 Jan \$221/\$268  
 Feb \$221/\$268  
 Mar \$266/\$322  
 Drop-in Fee: \$17.75/\$21.50  
 Early Release Fridays: \$23/\$27

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

### Sunrise to Sunset

Give yourself a worry-free day by knowing that you are covered both before and after school; plus a significant fee reduction. Includes Early Release Fridays.

**6:30am – 6:00pm**

**Dates R/NR**  
 Jan \$405/\$491  
 Feb \$384/\$465  
 Mar \$448/\$542

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

### Break Camp

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

**6:30am – 6:00pm**

<b>Day</b>	<b>Dates</b>	<b>Field House</b>
Mon	Jan 20	<b>Camp Type</b>
Fri	Feb 14	MLK Holiday
Mon	Feb 17	Mid-Winter Break
Fri	Mar 13	President's Day
Mon-Fri	Apr 6-10	No School
		Spring Break

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

**R/NR**  
 Daily Drop-in Fee: \$40/\$45  
 Spring Break Fee: \$166/\$187



**Saturday, December 7**  
**Des Moines Activity Center**

Seating #1 ~ 9:00am-10:15am  
 Seating #2 ~ 10:45am-12:00pm

Children: \$8, Adult: \$4,  
 Age 2 & under: Free

Join us for a delicious pancake breakfast with Santa! Enjoy holiday activities and visit with Santa about holiday wish lists. A parent or responsible adult must accompany children. Pre-registration required.



## YOUTH SPORTS/LEAGUES

### Spring Youth Recreation Soccer League

Registration starts December 1 and closes March 3.

**Ages 4–Kindergarten Coed, Grades 1–2 Coed and Grades 3–4 Coed**

Season Runs Mar 9-May 16, Des Moines Area Fields

<b>Registration Dates</b>	<b>R/NR</b>
Dec 1–Jan 31	\$75/\$85
Feb 1–Mar 3	\$85/\$95

### Soccer Coaches Meeting

Tue Feb 18 6:00pm Field House

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



### Rams Hardwood Winter Basketball Camp

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

<b>Thu/Fri</b>	<b>Grades 3–8</b>	<b>Mt. Rainier Gym</b>	<b>R/NR</b>
Jan 2–3	9:00am–12:00pm		\$56/\$66

## EGGStravaganza

Enjoy a leisurely  
**EGG HUNT!**

Saturday, April 11  
9:00am–10:00am **\$5**  
The meadow in  
Des Moines Beach Park

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.



## YOUTH ACTIVITIES

### 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 us in the fun and watch them make new friends along the way. \$20 for a 10-visit punch card or \$3/drop-in per child.

Mon/Wed Ages 1–5 10:00am–12:00pm Field House

### Tiger Kids Martial Arts Course Overview

Instructor: Mitch Mayberry, International Champion, 9th degree Black Belt Master

Fee: all participants must pay the \$14 AAU Membership in addition to the individual course fees. Uniforms optional and available from the instructor.

### Tiny Tigers Kung Fu & Taekwondo

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

<b>Wed</b>	<b>Ages 3–6</b>	<b>Field House</b>	<b>R/NR</b>
Jan 8–Feb 26		4:20pm–4:50pm	\$92/\$110
Mar 4–Apr 1		4:20pm–4:50pm	\$58/\$69

### Tiger Kids/Family Martial Arts & Fitness

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

<b>Wed</b>	<b>Ages 7+</b>	<b>Field House</b>	<b>R/NR</b>
Jan 8–Feb 26		4:50pm–5:30pm	\$92/\$110
Mar 4–Apr 1		4:50pm–5:30pm	\$58/\$69

*Colored Belts 4:50pm–5:45pm.*

## ATTENTION PARENTS!

### Holiday Drop & Shop

Parents, looking for some time to shop with friends, family or wrap some gifts? Drop your kids off with us and under our watchful eye, they'll have a ball and you get time to get those holiday errands checked off!

<b>Sat</b>	<b>Ages 4–12</b>	<b>Field House</b>	<b>R/NR</b>
Dec 21		6:00pm–10:00pm	\$20/\$24
<b>Sun</b>	<b>Ages 4–12</b>	<b>Field House</b>	<b>R/NR</b>
Dec 22		12:00pm–4:00pm	\$20/\$24

Find us on

[www.facebook.com/desmoinesparksandrecreation/](http://www.facebook.com/desmoinesparksandrecreation/)

### TEEN

#### Des Moines Youth Council



Des Moines Youth Council

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

**Thu 3:00pm-4:30pm Grades 6-9 Free**

#### 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 7:30pm-10:00pm Field House \$8**

- Dec 13 Snow Ball
- Feb 7 Cupid Shuffle
- Mar 20 Neon Glow

#### Better Babysitters Class

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

**Sat Ages 11-15 Police Station R/NR**  
 Mar 14 8:30am-2:30pm \$56/\$68



## 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	\$23,107	\$31,284	\$39,461	\$47,638	\$55,815	\$63,992	\$72,169	\$80,346
75% Discount	\$19,672	\$26,633	\$33,595	\$40,556	\$47,518	\$54,479	\$61,440	\$68,401
90% Discount	\$16,237	\$21,983	\$27,729	\$33,475	\$39,221	\$44,967	\$50,713	\$57,459

\* 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.\*

## ADULT LEAGUES



### Softball Leagues

#### Adult Men's & 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  
Apr 7 \$960/\$1,045

**Coaches Meeting:** Tuesday, Apr 7

Coed Recreation Division Mon evenings Starts April 20

Men's Recreation Division Tue evenings Starts April 21

#### Senior Adult Coed Softball

Now recruiting avid softball players for Des Moines recreational senior coed softball teams! Call (206) 870-6527 for details. Age 50+, player fee ranges between \$20-\$40 (determined after the sign-up and sponsor deadline).

**Practices:** Tue/Thu starting in April

**Games on:** Tue/Thu starting in May

**Game Times:** 10:00am

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

## ADULT ENRICHMENT

### American Boating Course

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

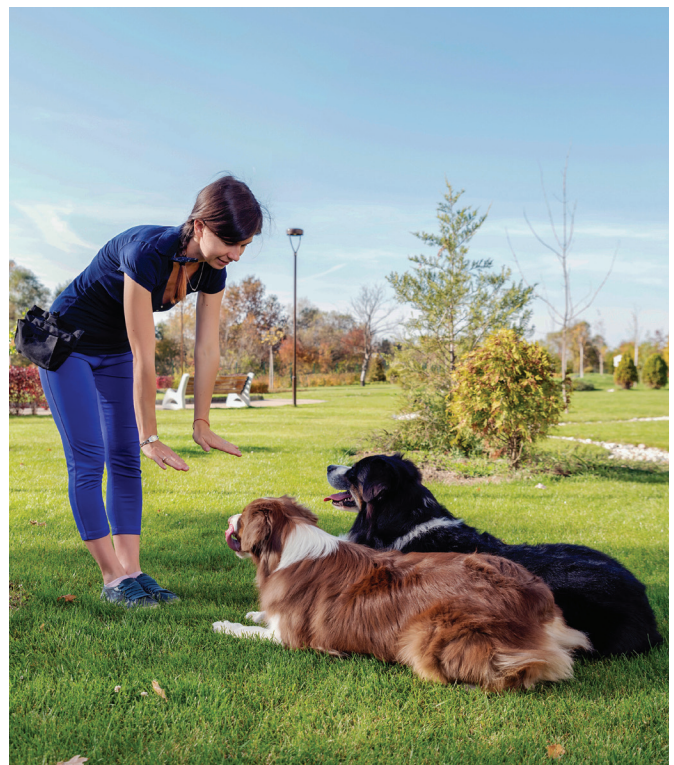


Sat	Ages 12+	Public Works & Parks Service Ctr	
Feb 8	8:00am-4:00pm		\$40
Mar 7	8:00am-4:00pm		\$40
Apr 18	8:00am-4:00pm		\$40
Jun 13	8:00am-4:00pm		\$40

### Dog Obedience

Love your dog but all the chewing, jumping, barking and little "accidents" testing you? Dog Obedience should turn your little "terror" into a well-behaved pet. Proof of vaccination is required at first class. Instructor: Jan Magnuson, Retired Animal Control Officer, Champion Trainer.

Dogs	4+ months	Field House	R/NR
Wed	Jan 8-Feb 12	6:15pm-7:15pm	\$95/\$105
Wed	Jan 8-Feb 12	7:30pm-8:30pm	\$95/\$105
Wed	Mar 4-Apr 8	6:15pm-7:15pm	\$95/\$105
Wed	Mar 4-Apr 8	7:30pm-8:30pm	\$95/\$105



## YOUTH, ADULT AND SENIOR REGISTRATION INFORMATION

### HOLIDAY CLOSURES:

Wednesday, January 1, Monday, January 20, Monday, February 17

### PARKS AND RECREATION ADMINISTRATIVE OFFICE

1000 S 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,  
8:00am–6:00pm

### DES MOINES ACTIVITY CENTER OFFICE SENIOR SERVICES

2045 S 216th Street  
Des Moines WA 98198  
PO Box 98576  
(206) 878-1642  
seniors@desmoineswa.gov  
www.desmoineswa.gov/217/  
Senior-Services  
Hours: Monday–Friday,  
9:00am–4:00pm

### 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).

### 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.

### REFUND POLICY/ CANCELLATIONS:

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

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

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

### DISCLAIMER:

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

### ACCOMMODATION OF DISABILITIES:

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

### GENDER EQUITY STATEMENT:

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

### INCLEMENT WEATHER POLICY:

During periods of inclement weather, radio stations will report school closures and changes. Please listen for the Highline School District report.

**School Closed:** All Des Moines Recreation and 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 10:00am are cancelled. Senior programs held after 10:00am—call (206) 878-1642 for updated information.

**School Open/Two-Hour Late Arrival:** All recreation and senior programs held prior to 11:00am are cancelled. Recreation programs held after 11:00am will be scheduled as usual. Senior programs held after 11:00am—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](http://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!



### Parks & Recreation Offices

**Field House**  
1000 S 220th Street  
Des Moines, WA 98198  
(206) 870-6527

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

### Facility / Address

Acreage	PLAY AREA	BALLFIELDS	RESTROOMS	PICNICKING	BASKETBALL HOOPS	FISHING PIER/BOARDWALK	TENNIS COURTS	NATURAL AREAS/TRAILS	WALKING PATH	CREEK	SCENIC VIEW	BOAT MOORAGE/LAUNCH	PARKING	BICYCLING	FACILITY RENTAL	BEACH	SKATEBOARDING	ART / HISTORICAL	SEATING	COMPUNITARY SITE	COMMUNITY GARDEN
1	Barnes Creek Trail Kent-Des Moines Road to 15th Ave. S.	1.2																			
2	Big Catch Plaza SW corner of S. 216th & Marine View Dr. S.	0.2																			
3	Cecil Powell Park 250th & 13th Pl. S.	0.2																			
4	Des Moines Activity Center 2045 S. 216th Street																				
5	Des Moines Beach Park-Historic District 22030 Cliff Ave. S.	19.6																			
6	Des Moines Creek Trail Access at S. 200th St. (Sea Tac), 18th Ave. S. & 216th St. and 13th Ave. S. & S. 211th St.	9.58																			
7	Des Moines Marina 22307 Dock Ave. S.	45																			
8	Des Moines Memorial Park Marine View Dr. S. & Des Moines Memorial Dr.	0.1																			
9	Dr. Shirley B Gordon Park 2194 S 262nd Ct.	0.86																			
10	Field House Park/Community Center 1000 S. 220th St.	5.2																			
11	Kiddie / City Park S. 230th St. & 21st Ave. S.	3.2																			
12	Mary Gay Park 1616 South 223rd St.	1.8																			
13	Midway Park S. 221st & 29th Ave. S.	1.6																			
14	Overlook I Park Corner of S. 223rd & Cliff Ave. S.	0.1																			
15	Overlook II Park S. 222nd & 5th Ave. S.	0.5																			
16	Parkside Park S.244th St. & 25th Ave. S.	4.4																			
17	Parkside Wetlands 248th St. & 26th Ave.	14																			
18	Redondo Pier, Boat Launch & Boardwalk Redondo Beach Dr. & Redondo Way	2.79																			
19	Sonju Park 24728 16th Ave. S.	9.3																			
20	South Marina Park NE corner of S. 227th & Dock Ave. S.	0.8																			
21	Steven J. Underwood Memorial Park 21800 20th Avenue South	20.5																			
22	Water Tower Park 208th between 5th & 6th	1.34																			
23	Westwood Park 6th Ave. S. & S. 192nd St.	1.34																			
24	Woodmont Park Woodmont Dr. S. & 12th Ave. S.	8.7																			
25	Wooton Park 28202 S. 9th Ave.	2.3																			



## 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](mailto: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](mailto: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, [laurahartema@yahoo.com](mailto:laurahartema@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](mailto: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](mailto: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](mailto: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](http://www.soundgenerations.org/transportation)



**Saturday, December 7**  
**Des Moines Activity Center**

Seating #1 ~ 9:00am–10:15am  
Seating #2 ~ 10:45am–12:00pm

Children: \$8,  
Adult: \$4,  
Age 2 & under: Free

Join us for a delicious pancake breakfast with Santa! Enjoy holiday activities and visit with Santa about holiday wish lists. A parent or responsible adult must accompany children. Pre-registration required.



**FREE**  
**Fit It Repair Event**  
**Monday March 16**  
**3-6pm**

2045 S 216th Street  
Des Moines, WA  
Call- 206-878-1642



### We work on

lamps	tables	TVs	pants
vacuums	tools	blenders	dresses
fans	computers	toasters	bags
chairs	music players	toys	& much more

You are encouraged to call or write in advance to discuss your repair, repair events are first-come, first-served, with no appointments or set times. If you have any questions, please contact repair events coordinator Tom Watson call @ 206-477-4481.

# WINTER COMMUNITY EVENTS

## **Parkrun**

**Saturdays, Year-Round**

Every Saturday enjoy a 5K run or walk at 9:00am on the Des Moines Creek Trail. [www.parkrun.us](http://www.parkrun.us)

## **Saltwater State Park Walk**

**Wednesday, January 1, 10:30am**

Meet in lower parking lot for guided walk on the ravine loop trail of 1.5 to 2 miles, elevation gain is slight to mild. Afterwards enjoy hot chocolate and treats in the cafe and visit the seashore. Free day at the park, Discover Pass not needed. Questions/sponsored by friends.saltwater.statepark@gmail.com

## **First Day Paddle**

**Wednesday, January 1, 10:00am**

Experienced paddlers with their own watercraft take a tour of the boundaries of the Marine Protected Area enjoying a view of Saltwater State Park from the water. Contact Ranger Daniel Torkston at (253) 661-4956 or [saltwater@parks.wa.gov](mailto:saltwater@parks.wa.gov)

## **Mardi Gras Party**

**Tuesday, February 25, 10:00am**

Laissez les bons temps rouler! Join us for entertainment and a gumbo lunch! [www.desmoineswa.gov/seniors](http://www.desmoineswa.gov/seniors)

## **Poverty Bay Wine Festival**

**Friday & Saturday, March 6 & 7 at the Beach Park**

Taste Washington State's finest wineries and hear great music at the Beach Park Event Center. [www.drinktomusic.org](http://www.drinktomusic.org)



## **Murder Mystery Dinner**

**Friday, March 20, 6:00pm at the Activity Center**

Join us for a wake themed Murder Mystery called Uncle Sean's Funeral. Come dress as if you are coming to an Irish Wake for Uncle Sean! Solve the mystery and win a prize! Meal is included with your ticket purchase. Cash bar. \$30pp/\$175table. Registration required. [www.desmoineswa.gov/seniors](http://www.desmoineswa.gov/seniors)

## **EGGstravaganza**

**Saturday, April 11, 9:00am-10:00am at the Beach Park**

Leisurely EGG HUNT, crafts, prizes and Easter Bunny photo at the Des Moines Beach Park. \$5 per child. [www.desmoineswa.gov](http://www.desmoineswa.gov)

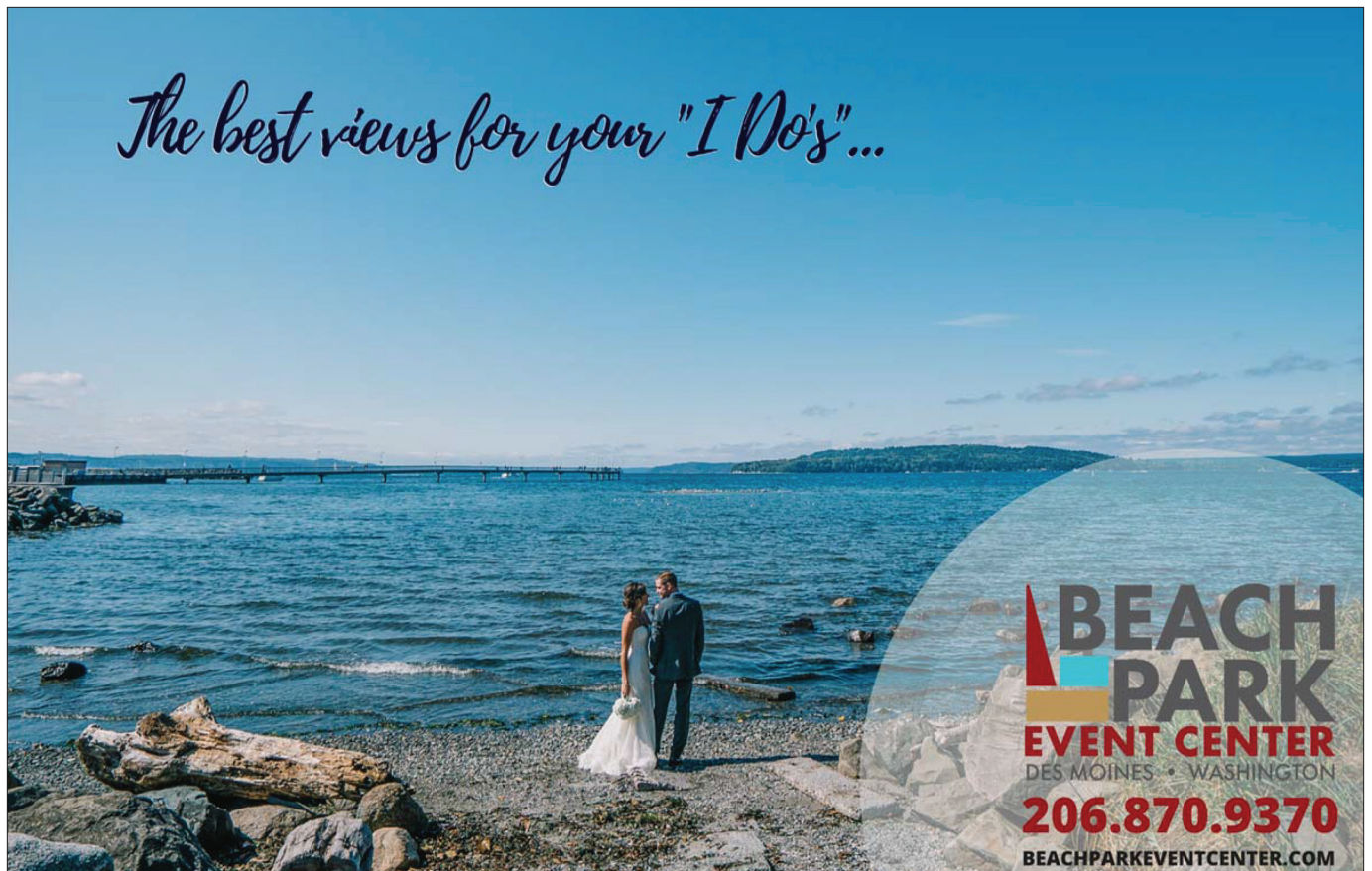
## **Earth Day Clean-Up**

**Saturday, April 18, 9:00am-12:00pm**

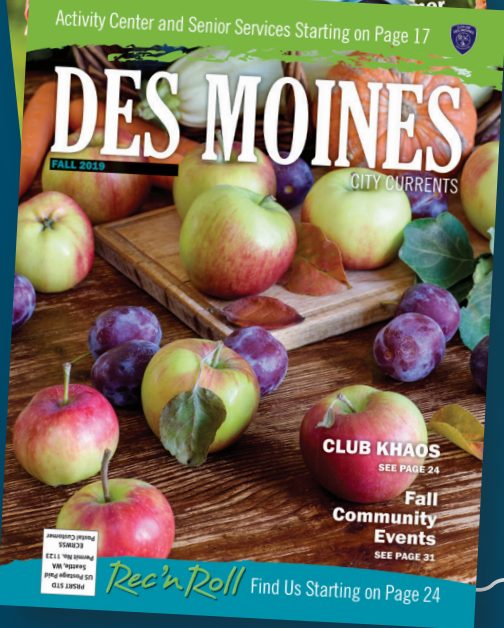
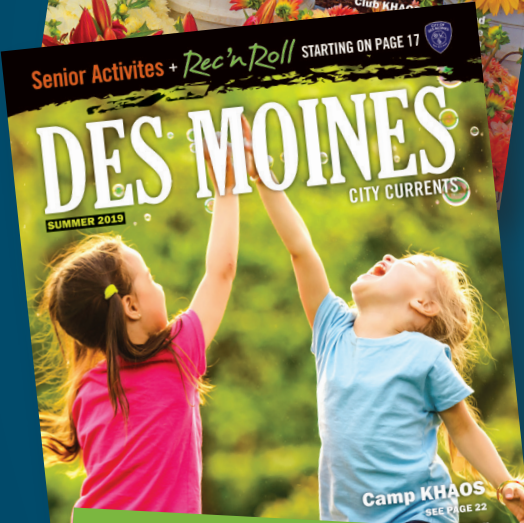
Coordinated clean-up activities, in parks and on the beach. Volunteers contact [jbest@desmoineswa.gov](mailto:jbest@desmoineswa.gov)



*The best views for your "I Do's"...*



**BEACH PARK**  
**EVENT CENTER**  
DES MOINES • WASHINGTON  
**206.870.9370**  
[BEACHPARKEVENTCENTER.COM](http://BEACHPARKEVENTCENTER.COM)



# We go door to door to promote your business

Des Moines City Currents is mailed to 21,400 households four times a year.

Looking to advertise?

Contact Greg Borland to discuss how to maximize your exposure to residents of Des Moines

**Advertise next issue!**

Reserve by: Feb 14

Materials by: Feb 24

Distribution: Mar 12

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