

Celebrating Diversity. Building Community.

LakeBallingerCenter.org

(425) 672-2407

From the desk of the Director.

Like the beautiful spring blossoms throughout Lake Ballinger Park, our Senior Center is emerging anew - **Say hello to LAKE BALLINGER CENTER, LBC!**

We're thrilled to announce exciting changes: new programs; new friends and partnerships; new cook and lunches and fun new parkside Cafe. Thanks to our dedicated volunteers and members whose support helped us through lean times to build a thriving community gem here in Mountlake Terrace. We're open **M-F, 9AM - 3PM** (Cafe 9:30AM - 2:30PM). **Check us out!**

As we retire our curbside meals, I'd like to thank Neal Foozer whose tireless leadership built the Sandwich Crew and fed a community these past 3 years. Gloria Mairs became a dear friend during our lockdown days together and her absence will be felt by the thousands she helped feed and nurture here. Thank you team, you're always in my heart.

I think you'll like what we've built here. Come see for yourself.

– Elizabeth

Membership Matters

Members are at the heart of all we do. Enjoy program discounts, \$1 coffee, early registration and more. Don't worry if your membership lapsed, we'll gladly help you renew and find activities you'll love. Numbers help us secure crucial funding - We need you!

Attitude of Gratitude

I'm deeply indebted to our incredible volunteers and partners who've held us together. A special shout out to David Mathiesen whose 10 hour days and tech talents have given us a new face, and a new logo. Daniel and the crew at Edmonds Waterfront Center extended a helping hand, (read: fork-lift), to resolve issues and build a stronger programming core. Jade Selle, a program director on loan from EWC, is here to ramp up new activities. She's a valuable asset - please welcome her warmly.

Let's Do Lunch!

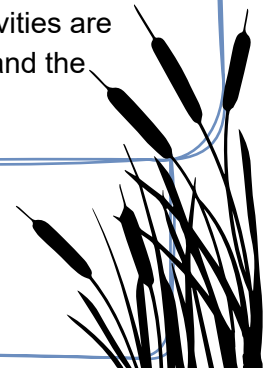
Introducing our new cook, Daniel, and new lunches at LBC! We've been scrambling to bring everyone back together as quickly as possible for lunch. Starting May 16th, join us Tuesdays, Thursdays and Fridays at Noon for nutritious meals and social time 3 days a week with friends old and new. We thank Homage (www.Homage.org) for their sponsorship bringing this together so quickly. Homage sponsored lunches are Tu/Th/Fri at Noon, \$4 to 60+ and qualified persons, \$8 otherwise.

Bringing the Waterfront to the Lake

You'll notice new faces at LBC plus we're hosting several Edmonds Waterfront Center programs to reinvigorate our Center: Duplicate Bridge, Beginner Line Dance and Ballroom Dance with live music by local legends Herb Hamilton, Fred Zeufeldt and Encore! Check the included schedule for details. Activities are open to LBC and EWC members and the general community.

Keep Watching!

Pancake breakfasts, tech talks, birding walks, pet parade, cards, art and more are coming soon. Check out Pinochle on the schedule! Have a talent to share or activity to lead? Your renewals and donations enable us to expand programs and opportunities for all.



Lake Ballinger Center Schedule for May / June 2023

Open to all members of our community, spaces may be limited.

Mondays	Program	Cost: (Member / Guest)
10:00 am - 11:00 am Instructor: Suzanne	Gentle Yoga	\$7.50 / \$10.00
11:30 am - 3:30 pm Bring a Partner or Call Dee at (425) 778-5124 to be matched with partner. Sponsored by EWC.	Duplicate Bridge	\$1.00 / \$1.50
By Appointment With Nurse Jeanne	Foot Care Clinic	\$20 / \$35

Tuesdays

9:30 am - 12:00 pm Beginners welcome. Coffee included.	Pinochle	\$3.00 / \$5.00
12:00 pm \$8 for non qualified individuals.	Homage Lunch Program	\$4.00
By Appointment by <i>Beyond Smiles Dental Care</i> . Call Maryanne at (425) 686-9518 to book.	Dental Hygiene	\$20 / \$35

Wednesdays

10:00 am - 12:00 pm Love to write? All skill levels welcome. Coffee included. 1st and 3rd Wednesdays.	Writer's Workshop	\$7.50 / \$10.00
12:00 pm Beginning/Intermediate Line Dancing as instructed by Jeff, Sponsored by EWC. No walk-ins. Monthly signup required.	Line Dancing	ask

Thursdays

10:00 am - 11:00 am Instructor: Suzanne	Gentle Yoga	\$7.50 / \$10.00
12:00 pm \$8 for non qualified individuals.	Homage Lunch Program	\$4.00

Fridays

12:00 pm \$8 for non qualified individuals.	Homage Lunch Program	\$4.00
1:30 pm - 3:30 pm Featuring "Encore", Sponsored by EWC.	Live Music & Ballroom Dancing	\$6.00 / \$10.00