

June 2023 Program Schedule

2nd Issue

Lake Ballinger Center

Celebrating Diversity. Building Community.

2023 June
Edition

LakeBallingerCenter.org

(425) 672-2407

Mon
10 am - 11 am Gentle Yoga
11:30 a - 3:30 p Duplicate Bridge
By Appointment Foot Care Clinic

Tues
10 am - 12 pm Pinochle
11:30 p - 12:30p Homage Lunch Program
By Appointment Dental Hygiene

Weds
10 am - 12 pm **Writer's Workshop** 1st and 3rd Weds
10 am - 12 pm **World Views Discussion**
2 pm **Line Dancing**

Thur
10 am - 11 am Gentle Yoga
11:30 p - 12:30p Homage Lunch Program

Fri
11:30 p - 12:30p Homage Lunch Program
1:30 pm - 3:30 pm Ballroom Dancing with Live Music



Scan to find program prices, booking details and more with our extended schedule online.

Or visit:

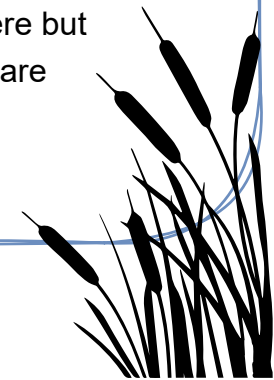
<https://LakeBallingerCenter.com/program/calendar>

From the Executive Director.

Hall Creek Restoration projects in the park broke ground with a bevy of golden shovels this week. I'm excited to see all the improvements planned; restoring wildlife habitat, planting native plants and enhancing access for all abilities. Viewing platforms and raised boardwalks have me planning bird watching and nature walks. Despite construction staging across the parking lot and across the bridge, the expanse behind the Center remains an island of green. Bring a friend and have coffee on the deck or grab a treat from our new Snack Shack Cafe. Soak in the sunshine! We're here Monday - Friday, 9AM to 3PM and all ages are welcome. Good news! The NEW playground should open in just a few weeks, right as Edmonds School District gets out for summer.

What would you like to see happening here? We launched Pinochle on Tuesdays and a Philosophers Circle on Wednesdays, both at 10AM. The Gardeners are getting their hands dirty, showing off their green thumbs and our peak season summer rentals are already underway. Previous members are re-discovering us and we added 6 new members just yesterday. There is a new energy here, I hope you can feel it too! I'm seeking art docents or instructors, fiber artists, photographers and birders as well as enthusiastic volunteers. Please share your ideas, especially any that you might be able to help me launch. It's all hands on deck here but we're rebuilding so much stronger. Take excellent care of each other! Be well!

– Elizabeth



Garden Spotlight

Have you noticed changes outside the Center? Our garden beds are blooming thanks to the tireless work of new volunteer Marcus and his generous green thumb. Executing a delightful garden design, he's clearing weeds, nourishing soil, transplanting, and watering daily. Wildflowers are emerging to welcome our bees and butterflies and we will soon have cutting flowers to brighten up the Center. Supported by welcome donations of time and supplies from Marcus and his wife Stephanie, we'll have vibrant, fragrant beds of flowers and happy hostas all summer. A huge THANK YOU to both!

Volunteer Spotlight:

Please thank our invaluable volunteer, Kathy Murphy, who selflessly manages the welcome table for our Homage lunches with warmth and enthusiasm. She's so generous with her time and support, I'm so happy I've gotten to know her better since our first congregate lunches last April to our new menus and program this spring. She feels like family and that means a great deal.

So that Kathy and her husband Carl might enjoy dining together on occasion, we'd love to have a few extra hands helping with check-in, reservations and greeting diners. Dining program volunteers make a huge difference – and get a free lunch! Find out more at the front desk.

We can all thank Ettie of Edmonds, a Mountaineer and avid Birder, who's love of our parks and their natural beauty inspired her to hike in local parks when COVID hit. Seeing a need, she began collecting trash, bagful by bagful. Our lake, creeks and green vistas are all the prettier and the wildlife is healthier for it! We'd like to celebrate Ettie's 3 years of volunteer efforts in keeping our local parks pristine.



Support the Center

To sponsor others, donate, or review volunteer opportunities, visit: BallingerCenter.org/volunteer

Let's do Lunch!

Have you been to our new lunch program yet? Thanks to the sponsorship of Homage and the skills of our new cook, Daniel, we're **enjoying meals together again**. (Finally!) I've loved joining several of you for lunch and having fabulous conversations. We're bringing folks back together - 3 days a week - for our hearty lunches. Engage with friends new and old, start a new club, discuss philosophy or join us for any of our activities and programs. It is your presence and support that create a sense of togetherness and make a simple gathering truly special.

Join us **Tuesday, Thursday and Friday at 11:30**, grab a coffee and enjoy the park's beauty. Seating for Lunch starts at 11:30, food is served promptly at Noon and service is over at 12:30. Homage asks \$4 if you're 60+ or other qualified individual. And of course you can stay longer - we're now open daily from 9AM to 3PM.

Tuesday		Thursday		Friday	
5/30	Lemon Pepper Pollock, Baked Potato, Veggies, Fruit, Cookie	6/1	Cheese Ravioli w/marinara sauce & parmesan, Broccoli, Pears / Garlic bread	6/2	Pork Chop Patty, Baked Potatoes, Veggies, Roll, Apricots
6/6	Chicken Caesar Salad, Garlic Chicken Strips, Bread sticks & Fruit	6/8	Sweet & Sour Meat Balls, Steamed Rice, Stir Fry Veggies, Mixed Fruit, Roll	6/9	BBQ Chicken, Mac & Cheese, Green Beans & Corn, Fruit & Roll
6/13	Sweet Corn Salad, Cheese Quesadilla w/sour cream, salsa, Black beans, & Melon	6/15	Oven roasted Pork Loin, Stuffing, Sweet potatoes, sweet & Sour red cabbage, applesauce	6/16	Beef Pot Roast, Mashed Potatoes & gravy, Green Beans, Blueberry crisp a la mode, roll
6/19	Black Bean Salad, Salmon Burger w/lettuce & tartar sauce, Tater tots & peaches	6/22	Hot dogs, baked beans, Potato Salad, Corn on the Cob, Watermelon	6/23	Garden Salad, Spaghetti & meat sauce, Vegetables, Fruit Garlic bread
6/26	Cucumber Salad, Cheese burger, French fries, fresh fruit	6/29	Crispy fish fillet on hoagie w/ lettuce & tartar sauce, coleslaw, fries & pears	6/30	Meatloaf, baked potato with sour cream, country veggies, fruit, roll.