

# Senior Programs



## Aging in Place: 1 class- **Housing is the HUB of Your Successful Longevity**

**Aaron Murphy, Architect and Certified Aging-In-Place specialist.** We're all living longer, one third longer than just 100 years ago, in fact. Do you have a plan for what that will look like? Your HOME is the HUB of your happiness, livelihood, independence, and freedom. The vast majority of us say "yes" to aging-in-place as our first choice. Is your HOME ready to support you for that? This class guides you through the steps you can take pro-actively now, to modify your home so it can support you longer, keep you safer, and save you money too! Make your future the one you envision for yourself, your family and your loved ones - come learn about "Aging in Place" ideas with ADM Architecture. *Poulsbo City Hall 2<sup>nd</sup> floor conference room.*

Sat	Oct 22	10a-12n	\$122*
Sat	Nov 5	10a-12n	\$122*

1 class

## Self Defense Workshop for Seniors

**Mike Cain.** Learn how to protect yourself in this informative class taught by martial arts instructor, Mike Cain. Class includes hands-on instruction in how to defend against choking, punching, grabbing and pushing. No hard hitting or throws. You will learn about pressure points, joint locks and practical application for self defense. There is controlled contact as you learn the various moves. We will definitely work within your physical limitations. *Poulsbo City Hall Council Chambers.*

Sat	Oct 8	9:30-12:30p	\$35*
Sat	Nov 5	9:30-12:30p	\$35*
Sat	Jan 28	9:30-12:30p	\$35*
Sat	Feb 25	9:30-12:30p	\$35*



register ONLINE!

<https://secure.rec1.com/WA/poulsbo-parks-recreation/>

## Senior Trips

Poulsbo Parks and Recreation and Martha and Mary Health Services (MMHS) have formed a partnership for providing Senior Trips and Excursions! This partnership will utilize MMHS's comfortable, 16 passenger mini bus, while Parks and Recreation will continue to plan and implement fun, day-long excursions throughout the Northwest. This partnership is a win-win for both agencies, and for the community. We will continue to utilize and enjoy the senior trip driver volunteers that you have gotten to know over the years, along with a few new ones. If you are interested in driving or chaperoning these trips, please call Mary at 360-779-9898.

To reserve a space on a trip, you may register online, *come to* the Recreation Center, or *mail in* your registration as soon as you receive your brochure. **Fees usually include transportation and ferry, with admission and lunch on your own.** Trips fill up quickly, so get your reservation in soon. **Waiting lists will be formed for all trips filled. No credit will be issued with less than 5 days notice to the trip UNLESS your place can be filled.**

**The departure and return point for all trips is the Recreation Center. These trips are in a 16 passenger mini bus. Typically there is a minimum of 11-14 participants per trip.**

Please be aware that sometimes our trips run a little behind schedule due to traffic issues, ferry schedules and other uncontrollable situations. Please plan accordingly. Also, these trip descriptions are as up-to-date as possible as of the print date of this catalog. Occasionally something will change slightly – a menu item, a ferry departure and the like. We will alert passengers if we feel like the change will modify the trip in any way; otherwise, we will go with any minor changes.

## **Walking Assessment:**

- 1) Limited walking, but most is on flat terrain or indoors.
- 2) Medium walking, including some outdoor situations or possible uneven ground.
- 3) Quite a bit of walking, but most should be on hard surfaces.

# Senior Programs

## Northwest Trek Wildlife Park 3

Thu, Sep 15 8a-5p  
\$63 sales tax \$5.48 Total \$68.48\*

So close, yet far enough away to have a wild experience. You'll start the day out with a 50-minute naturalist-guided tram tour of the free-roaming area, which allows you to see bison, Roosevelt elk, moose, mountain goats and other native animals, up close and in their natural habitats. A self-guided walking tour along the paved trails in the core of the park provides the opportunity to see grizzly bears, wolves and more in naturalistic exhibits. You'll enjoy a boxed lunch from Central Market before you get to experience an Animal Trailside Encounter. The keepers will let you get close to a beaver, porcupine, skunk or other small animals. Learn about where they live and what they eat. **Fee includes transportation, admission, lunch and tours. Please choose one of the following for your boxed lunch: Roasted Turkey Sandwich on whole grain bread; Italian Grinder on a baguette; Turkey Cranberry on whole grain bread; Caprese Sandwich on a Panini; Roast Beef & Blue Cheese on a baguette; or a Caesar Salad.**

## Pt. Defiance Zoo & Aquarium and the Pt. Defiance Rose Garden 3

Tue, Sep 20 9a-4p  
\$25\* sales tax \$2.18 Total \$27.18\*

This 760-acre park in Tacoma has something for everyone. Come explore the only combined zoo and aquarium in the Northwest. You'll see sharks and seahorses, polar bears and peacocks, walrus and wolves, all in one place! This Zoo is large enough to offer an awesome array of animals yet small enough for you to get really close to them. Today is **\*Free\*** day for seniors age 65 and older! **All others will need to pay \$16.95 admission fee.** After the Zoo, we will head over to the Rose Garden, the focal point of Point Defiance Park. It has more than an acre of rose gardens, the oldest of which was established in 1895. The site includes a garden of miniature roses, arbors of climbing roses, a picturesque wishing well and quaint gazebos. Lots of color and variety. We will also visit the main garden. **Fee includes transportation. Lunch (at the zoo) and admission to zoo (if under age 65) is on your own.**



## Ballard Locks and Fremont Area 2

Thu, Sep 29 8:45a-5p  
\$39 sales tax \$3.39 Total \$42.39\*

Have you always wondered how the Locks actually work? Officially known as the Hiram M. Chittenden Locks, the Ballard Locks are one of Seattle's most popular tourist attractions. Completed in 1917, the locks link Puget Sound with Lake Union and Lake Washington, and are operated by the U.S. Army Corps of Engineers. The grounds also feature a fish ladder and the Carl S. English Jr. Botanical Garden — one of the most beautiful park settings in Seattle. We'll venture over there today, and hope to see fall Chinook and Coho in the fish ladders. Today we will have a tour of this well known site before hitting Ballard for lunch at a medium priced restaurant. **Fee includes transportation and tour; lunch is on your own.**

## Dungeness Crab & Seafood Festival 3

Sat, Oct 8 9a-5p  
\$27 sales tax \$2.35 Total \$29.35\*

In our own back yard is Port Angeles and its scenic waterfront! Here you'll find their biggest seafood fest of the year! Events include chef demonstrations, the "grab-a-crab" crab derby, more than 50 local arts and crafts booths on the pier, family activities, environmental education programs, and great live music on the Festival stage. The Coast Guard will have a demo over the open waters, and the highlight of the day is Crabfest - an old-fashioned crab feed complete with large kettles of fresh local Dungeness crab, sweet corn and organic coleslaw. A wine and beer garden will offer tastings by the Olympic Peninsula Winery Association and a selection of Northwest craft beers. **Fee includes transportation. Food and shopping is on your own.**

## Leavenworth in Fall Colors 2

Thu, Oct 13 7a-7p  
\$53 sales tax \$4.61 Total: \$57.61\*

Fall colors at their best! Join us as we cruise up Stevens Pass to the beautiful city of Leavenworth. The drive alone is worth the trip, but after getting up there; you can wander the shops and enjoy the people watching. Leavenworth is a city full of Bavarian spirit and civic pride! **Fee includes bus transportation and ferry. Lunch and shopping on your own.**

# Senior Programs



## Alderbrook Resort and the Wild Felid Advocacy Center 2

**Tue, Oct 18 10a-4p**  
\$67 sales tax \$5.83 Total \$72.83\*

We will start off the day with an early lunch at the Alderbrook Resort in Union. This resort sits on the Hood Canal and boasts lovely grounds to stroll around. After lunch, we will hop back into the bus and head to The Wild Felid Advocacy Center on Harstine Island in Mason County. Here we will see a variety of wild cats that are being cared for by this nonprofit organization. Their mission is to provide a safe haven, education, and conservation for wild cats. Join us for a guided tour that will include feeding of the variety of cats that they have on site. You will see approximately 50 cats eat early dinner, including 11 different species ranging from a tiny 3-pound Geoffroy's Cat to a 325-pound Siberian Tiger! Also included are 17 African Servals, 13 Bobcats, 3 Canada Lynx, 3 Eurasian Lynx, 2 Cougars, 1 African Spotted Leopard, 2 Gordon's Cats, Jungle Cats, Jungle Cat Hybrids, two 3-year-old Tigers and 1 Wild Red Tabby Domestic House Cat that bites! **No photos allowed. Fee includes transportation and tour. Lunch is on your own.**

## Tacoma Glassblowing Studio 1

**Thu, Oct 27 10a-4p**  
\$105 sales tax \$9.14 Total \$114.14\*

We first did this trip last fall, and it was a tremendous success! We will head to the Tacoma Glassblowing Studio to use our creative talents and glass. Each person in the group will select a project and will blow the glass to create a treasure! You can choose from one of 13 shapes including: vases, bowls, plates, clam shell, paperweight, heart, pumpkin or ornaments. You will get all of the supplies and instruction needed to complete your project. The glass will then be fired and Parks & Rec will pick them up a few days after the class. We will enjoy lunch in Tacoma before the class. **Fee includes transportation and class; lunch is on your own.**

## Cascadia Art Museum and Downtown Edmonds 2

**Thu, Nov 3 9:30a-4:30p**  
\$46 sales tax \$4.00 Total \$50.00\*

Do you remember the old Safeway store building turned antique store in downtown Edmonds? The Cascadia Art Museum is there now, and is the first museum dedicated to NW art from the late 19<sup>th</sup> century through the 1960s, defined by the waters that flow from the Cascade Mountains to the Pacific Ocean. With six galleries, event space and a gift shop, the 11,000 square foot museum is part of the adaptive reuse of one of Edmonds' most iconic, mid-modern center buildings. We are driving over on the ferry, so after the tour, the bus will head into downtown Edmonds for lunch and browse in downtown Edmonds. **Fee includes transportation, ferry, museum and tour. Lunch is on your own.**

## IKEA and Brown & Haley Outlet Store 2

**Thu, Nov 10 8:30a-5p**  
\$32 sales tax \$2.78 Total \$34.78\*

Back by popular demand! Fun shopping experiences will fill our day. First, we will venture to Ikea in Renton, which is an adventure in its own. There you can wander the large store and look at a variety of house wares and furniture items. It has been 70 years since Ikea began in a small farming community in Sweden. You will have lunch (on your own) at the famous IKEA café, complete with Swedish meatballs. You'll have time to shop and bring back small treasures. After leaving there, we'll stop at the Brown & Haley Outlet Store in Fife, where you can purchase their famous Almond Roca, other candies, and excess packing materials (for art projects) at great discounts. **Fee includes transportation; shopping and lunch is on your own.**



# Senior Programs



## Holidays at Wight's and Molbak's Nurseries 2

**Tue, Nov 15 7:50a-5p**  
\$38 sales tax \$3.31 Total \$41.31\*

Each year, customers eagerly await the November 1<sup>st</sup> premiere of **Wight's Wonderland of Christmas** – nationally acclaimed as a “destination” holiday store. It's fun for the entire family. You will be amazed by the elaborate designer theme trees and holiday displays throughout the store. It's nostalgic! It's glamorous! It's an extravaganza of everything Christmas! Wait until you see the **Department 56 Villages** charmingly displayed for your enjoyment. We'll also visit Molbak's in Woodinville, known for their beautiful decorations and gift items, but also for their annual Poinsettia Festival. You can walk through rows and rows of all colors and decide which ones to take home. **Fee includes transportation and ferry. Lunch and shopping on your own.**

## 29<sup>th</sup> Annual - “A Victorian Country Christmas” Festival 2

**Thu, Dec 1 8:30a-5p**  
\$39 sales tax \$3.39 Total \$42.39\*

Step back in time into a Victorian village where holiday music fills the air! Shop in over 500 stores and find the perfect gift for everyone on your list. Enjoy gourmet food, wine, and delicious taste treats throughout the festival! Visit two beautiful theaters and see countless professional stage shows, The Singing Nativity and concerts! Soak in the atmosphere of music, lights and décor... because Christmas starts at A Victorian Country Christmas in Puyallup. Today is Senior Day, with giveaways and special shows. **Fee includes transportation and show ticket; lunch is on your own.**

## Zoolights at the Pt. Defiance Zoo and Aquarium 3

**Tue, Dec 6 1-8p**  
\$49 sales tax \$4.26 Total \$53.26\*

Experience the magic! Bundle up and stroll the Zoo as it comes aglow with more than a half-million lights. Experience a magical world of dazzling 3-D animal light displays, including a 22-foot wide rock crab with moving pincers, a whimsical 30-foot-wide underwater landscape, a majestic polar bear family, a giant Pacific octopus, and a 17-foot tall tiger head. Warm up in the steamy **South Pacific Aquarium**, ride a **camel**, and take a spin on the **carousel**. You can even wrap up your holiday shopping with our **unique gift ideas**. We will purchase a combo pass, which includes daytime and nighttime visits. During the day, see clouded leopard cubs, polar bears, penguins, and more, then stay inside the Zoo as it transforms into Zoolights. The Zoo will close at 4pm, but with a Combo Pass you are invited to stay inside the Zoo and visit the carousel, cafe, and gift shop until Zoolights opens at 5 pm. You'll be among the first to see the lights that night and can skip the lines! **Fee includes transportation and combo zoo ticket; dinner (at the zoo) is on your own.**

## Seattle Pops: Holiday Pops at Benaroya Hall 1

**Sat, Dec 10 10:30a-5:30p**  
\$97 sales tax \$8.44 Total \$105.44\*

This show is different every year! Conductor Stuart Chafetz and the University of Washington Chorale return after this past year's sensational debut of the new Holiday Pops program. Joining in will be singer and comedienne Nicole Parker, star of *Wicked* and *Mad TV*. This year's program promises to delight you with holiday classics and surprise you with humor, joy and the heartfelt warmth of the season. **Fee includes transportation, ferry and show. Lunch is on your own.**



# Senior Programs

## **Governor's Mansion Holiday Tour & Seymour Botanical Conservancy** 2

**Wed, Dec 14 8a-5p**  
\$35 sales tax 3.05 Total \$38.05\*

The Washington State Governor's Mansion is all dressed up for the holiday season, and ready to show off its history. Come with us as we stroll through this historical 1908 residence, adorned with holiday decorations. After that, we'll head back into Tacoma and to the WW Seymour Botanical Conservatory at Wright Park. It opened in 1908, and today stands a beloved icon from Tacoma's past and a brilliant venue for exotic plant displays. Their beautiful poinsettia display will highlight our visit. **Fee includes transportation, mansion tour and Conservancy tour; lunch is on your own.**



## **New Day Northwest and Filson's Factory Tours** 2

**Tue, Jan 17 7:45a-4p**  
\$43 sales tax \$3.74 Total \$46.74\*

A real favorite for our groups! New Day Northwest is a fun, live show at King 5 TV...and they're looking to fill their new studio audience and have a great time! Join us as we head to King 5's new offices in the Sodo area. We'll watch Margaret Larson and various guests; authors, musicians, fitness and health experts, celebrities and sports stars as we celebrate what's great about the Northwest. You'll laugh, cry, learn and eat together; new and wonderful segments every weekday. We won't know the topics of the show until the date gets closer. After the early taping, we'll head to lunch in the Sodo neighborhood, and then enjoy a tour of Filson's Clothing. For more than 100 years, Filson has manufactured Unfailing Goods according to founder Clinton C. Filson's exacting standards: "It is the Filson ideal and policy to produce only the best in Outdoor Clothes that it is possible to manufacture." See how craftspeople take the best raw materials from around the world and turn them into garments, bags and gear that last for generations. **Fee includes transportation, ferry and tour; lunch is on your own.**

## **"The King and I" at the Paramount** 1

**Sat, Jan 28 10:30a-6:30p**  
\$109 sales tax \$9.48 Total \$118.48\*

Join us today to enjoy a classic musical in an historical theater. Two worlds collide in this classic musical directed by **Bartlett Sher** (*South Pacific*). The year is 1862, and British schoolteacher Anna Leonowens has arrived in Siam to instruct the royal children. But despite her sharp wit and strong will, nothing has prepared Anna for the lessons this rich and complicated new land has to teach her—or for the powerful connection she will forge with its imperious King. Lincoln Center Theater's THE KING AND I is the winner of the 2015 Tony Award® for Best Musical Revival. Featuring a score of treasured songs including "Whistle a Happy Tune," "Getting to Know You," and "Shall We Dance." With a cast of more than 50, this "first-rate, sumptuous" (*The New York Times*) production is "too beautiful to miss" (*New York Magazine*). **Fee includes transportation, ferry and show. Lunch is on your own.**

## **Museum of History and Industry (MOHAI) and the Burke Museum** 2

**Thu, Feb 2 8:45a-5:15p**  
\$31 sales tax \$2.70 Total \$33.70\*

Let's take advantage of "free admission" days at two of Seattle's most famous museums. MOHAI believes that the preservation and exploration of Seattle's past is essential to making effective decisions for its future. From humble beginnings in 1911, MOHAI has grown into the largest private heritage organization in the State of Washington, with a collection of over 4 million objects, documents, and photographs from the Puget Sound region's past. MOHAI uses these artifacts along with cutting edge, hands-on interactive experiences to make history come alive through the unforgettable stories of the men and women who built Seattle from wilderness to world city. We will enjoy their self-guided tour and lunch at the MOHAI cafe before heading over to the UW to the next stop. The Burke Museum of Natural History and Culture was founded in 1885. It is the oldest public museum in Washington state and was designated the State Museum in 1899. The Burke recognizes that the museum sits on traditional Indigenous lands. The Burke holds deep respect for Indigenous knowledge, and is dedicated to collaborating with diverse Native populations, sharing collections and learning together. **Fee includes transportation and ferry. Lunch is on your own.**

# Senior Programs



## Uncorked Canvas™ (Painting) 1

**Tue, Feb 7 11a-5:30p**  
\$79 sales tax \$6.87 Total \$85.87\*

You know, we had such a great time at the Glassblowing event last spring that we are now going to try painting on canvas! **No previous experience necessary!** Uncorked Canvas™ provides a fun social place in which to be creative! A skilled artist will guide you step-by-step through creating the featured painting. Starting with a blank canvas, you will go home with your own personal creation. It's a great way to uncork your creativity! **Fee includes transportation and canvas painting project. Lunch (along the waterfront) is on your own. Please note the studio is on the second floor; there is no elevator.**

## The Maltby Café and Antiques in Snohomish 2

**Thu, Feb 16 8:45a-5p**  
\$35 sales tax \$3.05 Total \$38.05\*

We'll start the day with a world-class breakfast at the Maltby Café in lesser-known Maltby. Situated below a 1930s-era gymnasium in what used to be a school cafeteria built in 1911, the Maltby Café dishes up outstanding country breakfasts and equally satisfying lunches. We'll take the back roads and cruise into the town of Snohomish, where we can drive through downtown Snohomish and explore antique shops galore. **Fee includes transportation and ferry – meals and shopping on your own.**

## The Northwest Flower and Garden Show 2

**Thu, Feb 23 7:45a-5:15p**  
\$64 sales tax 5.57 Total \$69.57\*

**It has been awhile since we tried this trip.** The Northwest Flower & Garden Show has been heralding the start of spring since 1989, as gardening enthusiasts from around the Northwest flock to this annual celebration held in the beautiful Washington State Convention Center for five magical days. Your gardening desires will blossom when you gaze at the spectacular Show Gardens created by the most respected garden designers and landscapers of the region. Our full acre of show gardens are brimming with ideas that will inspire your garden projects. No matter your style or needs, you'll find inspiration for outdoor living, edible gardening, sustainability, and more. There's aisle after aisle of fresh gear and outstanding services, including a Plant Market and Vintage Garden Market. We even have a Resource Center to help you connect with fellow gardeners who share your interests and a free package check service for you to stash your purchases while you continue to enjoy the show. **Fee includes transportation, ferry and show ticket. Lunch is on your own.**

## Seattle Art Museum & Pike St Market 2

**Thu, Mar 2 8:30a-5:30p**  
\$37 sales tax \$3.22 Total \$40.22\*

At the Seattle Art Museum, light filled galleries invite you to wander through global art collections, temporary installations, and special exhibitions from around the world. One of the special exhibitions this visit is "Seeing Nature", which explores the development of landscape painting from a small window on the world to expressions of artists' experiences with their surroundings on land and sea. Today is a free day, so it is a self guided day as well. But one of the special activities for today is the Ladies Musical Club (LMC), who will present an hour of classical music performed by club members and special guests from 12-1p. LMC continues as a non-profit organization of approximately 200 women fulfilling the mission of advocating classical music among LMC members and in the community. Pike Street Market is close to SAM, and warrants a visit as well. **Fee includes transportation, and ferry. Lunch (at the SAM café or Pike St Market) is on your own.**

# Senior Programs

## Tacoma Glassblowing Studio 1

Thu, Mar 9 10a-4p  
\$105 sales tax \$9.14 Total \$114.14\*

We first did this trip last fall, and it was a tremendous success! We will head to the Tacoma Glassblowing Studio to use our creative talents and glass. Each person in the group will select a project and will blow the glass to create a treasure! You can choose from one of 13 shapes including: vases, bowls, plates, clam shell, paperweight, heart, pumpkin or ornaments. You will get all of the supplies and instruction needed to complete your project. The glass will then be fired and Parks & Rec will pick them up a few days after the class. We will enjoy lunch in Tacoma before the class. **Fee includes transportation and class; lunch is on your own.**

## Legislative & Capitol Tour in Olympia 2

Tue, Mar 14 7:45a-5p  
\$37 sales tax \$3.22 Total \$40.22\*

Are you curious about the internal working of our state government? Today we'll venture to Olympia and watch some of the hustle and bustle of the legislative session. The Legislative Building is home to the Washington State Legislature and the offices of the Governor, Lieutenant Governor, Secretary of State, and State Treasurer. Completed in 1928, the Legislative Building has the tallest free standing masonry dome in North America and houses the world's largest Tiffany chandelier. The tour of the Legislative Building includes the North Foyer, Rotunda, State Reception Room, and Legislative Galleries. We will attempt to set up a meeting with one of our Kitsap legislators for an informal Q&A session. We will have lunch at the Budd Bay Café on the waterfront before heading home. **Fee includes tour and transportation; lunch is on your own.**

## Touch of Chinatown Tour 2

Tue, Mar 21 7:45a-4p  
\$68 sales tax \$5.92 Total \$73.92\*

Discover Seattle's Chinatown-International District through the eyes of a local. Smell the fragrance of Chinese herbs, hom bows and roasted duck. Experience the sights while learning about the facts, myths and legends. And, learn more about the diverse contributions of Asian cultures to the city and the Pacific Northwest. **Fee includes a guided neighborhood tour and gallery admission to the Wing Luke Museum. Lunch in the neighborhood is on your own.**

## Wolf Haven and Nisqually Wildlife Refuge 3

Thu, Mar 30 8:30a-5p  
\$45 sales tax \$3.92 Total \$48.92\*

We will start the morning by visiting Wolf Haven, a shelter for recuperating animals whose otherworldly howls fill the night air. The shelter's mission is to conserve and protect wolves in their habitat. We'll enjoy a walking tour with one of their docents. After that, we'll search out lunch at a local hot spot in the town of Tenino. After lunch, we will visit the Nisqually National Wildlife Refuge just north of Olympia, where we'll enjoy a short slide show and talk. Some people might even want to walk a bit, so dress for the weather. The Refuge was established in 1974 for the protection of migratory birds. Three thousand acres of salt and freshwater marshes, grasslands, riparian and mixed forest habitats provide resting and nesting areas for migratory waterfowl, songbirds, raptors, and wading birds. **Please wear good walking shoes and be prepared to walk about ½ mile. If you have an Interagency Park Pass (the old Golden Eagle), please bring it. Fee includes transportation and tours. Lunch is on your own.**

