

MUKILTEO RECREATION AND CULTURAL SERVICES

Recreation Guide

FALL 2018 / WINTER 2019

*Your best local
source for
recreation,
special events
and rentals.*

Inside

YOUTH & ADULT
CLASSES

COMMUNITY
EVENTS

INSTRUCTOR
PROFILES

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CITY OF
MUKILTEO

Recreation and Cultural
Services Department

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CONNECT WITH MUKILTEO REC!

Check us out on all social media sites to get up-to-date information about programs, events in Mukilteo and much, much more!



LIKE US on Facebook:
facebook.com/mukilteorec

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pinterest.com/mukilteorec

CHECK IN on Foursquare

RECREATION/ROSEHILL OFFICE/BUILDING HOURS AND CONTACT INFORMATION

304 Lincoln Ave • Mukilteo, WA 98275

Monday-Thursday	6:30am-9:00pm
Friday	6:30am-9:00pm*
Saturday	8:00am-9:00pm*
Sunday	9:00am-4:00pm**

Phone: 425.263.8180

E-mail: recreation@mukilteowa.gov

Web site: www.mukilteowa.gov

Online Registration: www.mukilteorec.com

* Available for extended rental until Midnight • **Available for rental until 10:00pm

HOLIDAY OFFICE & FACILITY CLOSURES

- Monday, September 3, 2018 Labor Day
- Monday, November 12, 2018 Veteran's Day Observed
- Thursday & Friday, November 22, 23 2018 Thanksgiving
- Monday-Friday, December 17-21, 2018 – Hours of Operation: 8:00am-6:00pm
- Tuesday, December 25, 2018 Christmas
- Monday, December 24, Wednesday-Friday, December 26-28, 2018 – Hours of Operation: 8:00am-6:00pm

RECREATION STAFF

- Jeff Price, Recreation and Cultural Services Director
- Dale Dahl, Admin Support Coordinator
- Nick Hamblet, Recreation Coordinator
- Nick Carlson, Facility Maintenance
- Chris Trujillo, Customer Service Staff
- Kathryn Davis, Customer Service Staff

ROSEHILL COMMUNITY CENTER BOARD

- Peter Almgren
- Melanie Banfield, Chair
- Bryan Carli
- Denise Sackner
- Angela Sherman
- Anne Steinmetz
- Mahuwa Wahid

Rosehill Community Center Board meetings are held on the 2nd Tuesday, once per quarter at 4:00pm at Rosehill Community Center, 304 Lincoln Ave, Mukilteo, WA 98275.

PARKS AND ARTS COMMISSION

Parks and Arts Commission meetings are held on the 1st Thursday of each month at 7:00pm in the Council Chambers at City Hall, 11930 Cyrus Way, Mukilteo, WA.

HOW TO READ CLASS LISTINGS

Age	Day	Location	Min/Max
Class Code	Time	Dates	Fee
Class Code	Time	Dates	Fee
*Special Class Information			

CANCELLATION/TRANSFER/REFUND POLICY

- A full refund will be given if the Mukilteo Recreation and Cultural Services Department cancels a class.
- Refunds will not be given for classes or programs for amounts less than \$10, unless cancelled by the city.
- A full refund/credit, less the \$10 withdrawal fee, will be refunded if a participant requests a refund a minimum of 5 business days before a class is scheduled to begin.
- Transfers must be requested 5 business days prior to the start of the class.
- No refunds or credits for a class withdrawal requested less than 5 business days prior to the start of the class.
- Classes/activities may be cancelled due to insufficient registration or inclement weather.
- A service fee of \$35 will be imposed for all returned checks.

WAYS TO REGISTER:

ONLINE, PHONE, WALK-IN POLICY

- Register online at www.mukilteorec.com. All registrations are subject to a convenience fee. This fee is collected to offset the costs of providing the service.
- Register over the phone or in person during business hours, at 425-263-8180.

SCHOLARSHIP PROGRAM

The City of Mukilteo Recreation and Cultural Services Department strives to make recreation opportunities available to Mukilteo residents regardless of income.

ELIGIBILITY — MUST PROVIDE:

- Application: Available at Rosehill or www.mukilteowa.gov.
- Proof of Mukilteo Residency
- One income-identifying document. A list of acceptable documents is included in the scholarship application packet.

TERMS:

- Qualified applicants will receive a 50% reduction of the single program fee, up to \$100.
- Based on available funds, applicants will be funded on a first-come basis.
- Scholarships are limited to one class per quarter.
- The difference of payment is due at the time of registration.

SIGN UP NOW!

All programs must meet a minimum enrollment requirement in order to be held. Classes will be cancelled 5 business days in advance if they do not reach the minimum enrollment. **Please register in time to be certain you get the class you want.**

425.263.8180 • www.mukilteorec.com

LANGUAGE LINE:

The City of Mukilteo provides interpretation services through Language Line for those who speak little or no English. An interpreter can be provided via phone within 30 seconds. 240 languages available.

INCLEMENT WEATHER POLICY

In the interest of our customer and employee safety, the Mukilteo Recreation and Cultural Services Department follows the Mukilteo School District's recommendations regarding closures of schools due to inclement weather. For non-school days, weekends and evenings call Rosehill for information, 425.263.8180.

ADA ACCOMMODATIONS

The City of Mukilteo is committed to providing programs and services accessible to individuals with disabilities. Requests for special and reasonable accommodations will be considered on a case-by-case basis.

MISSION STATEMENT

The mission of the Mukilteo Recreation and Cultural Services Department is to provide and facilitate safe, quality leisure services, programs, and facilities while preserving and enhancing natural resources and stimulating the economic vitality of the community.

DISCLAIMERS

This brochure is for informational purposes only and the information is subject to change without prior notification. The classes and programs offered are designed to be useful and informative. We do not endorse any products or programs that are presented. It is the individual's responsibility to make informed decisions regarding these issues.

The Mukilteo School District has neither reviewed nor approved the program, personnel, activities, or organizations announced in this flyer. Permission to distribute this flyer should not be considered a recommendation or endorsement of the program by the school district.

FOCUSED ON PRIORITIES

Mayor Jennifer Gregerson

Each year, I have shared an action agenda with the community, as a way to highlight my priorities and to focus our efforts. This August allows for an update on some of our successes!

Keeping Our Promise

Delivering on Proposition 1

Deliver the projects promised in Proposition 1 on time and on budget and engage in broad public outreach around project delivery. We will embark on an ambitious plan to preserve streets in several neighborhoods. Projects are underway now in Possession Bay and Faire Harbour on Beverly Park Road, as well as the Kamiak neighborhood. Take a look at the slurry seal application in a few months and let us know what you think.

Solid Waste Service Delivery

In July, we established a new city-wide contract with Waste Management to provide garbage, composting and single-bin recycling. The current contract expires in September next year, when customers in the north-end will receive their new bins. Commercial customers will also receive recycling included in their service, expanding options for them and reducing garbage waste. This most basic service keeps our community clean and protects public health.

Peace Park

We are continuing the community-led effort to construct a Peace Park. With new state funding, we have taken time to work with our Parks and Arts Commission and City Council on ideas for improved pedestrian and vehicle access to the park, located at 4th Street on the west side of the Speedway. I want to make sure that future generations have a space to remember loved ones we have lost in our city, as well as a place of hope they can visit when they need it.

Attainable Housing

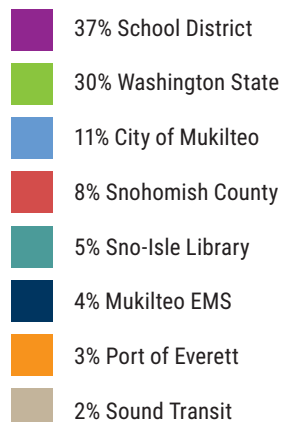
I want to make sure that the next generation of Mukilteo residents can afford to live here. I will be proposing a contribution to a county-wide Housing Trust Fund in our 2019 budget.



A handwritten signature in black ink that reads "Jennifer Gregerson".

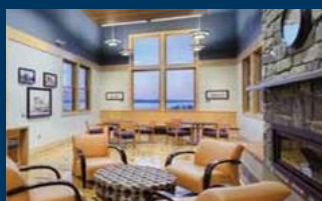
Where Does Your Property Tax Dollar Go?

Approximately 15% of your property tax bill goes to the City of Mukilteo, via the regular property tax levy and the emergency medical services levy.



ENJOY YOUR COMMUNITY CENTER

The Rosehill Community Center has a variety of open, public spaces that you can enjoy year round!



THE ROSEHILL ROOM

This room features arm chairs, a fireplace, tables and chairs to use for gathering and benches for sitting.



THE GAME ROOM

This room features a Ping-Pong table, foosball table and XBOX 360. The community center has all equipment available for check out.

**Rosehill Community Center requires all children under the age of 13 to be supervised by an adult. Valid forms of ID include: Driver's License or Student ID Cards*

SITTING AREAS

The Rosehill Community Center has multiple areas that you can use to sit and relax. There are comfortable chairs and tables where you can work on your laptop, read or just enjoy the view.

THE FITNESS ROOM

Get in a great workout at fitness room while looking out towards the Puget Sound. The fitness room features free weights, exercise balls, benches, TV, and mirrors. It has Precor circuit strength equipment and True cardio equipment. There are two treadmills, two elliptical trainers, and a recumbent bike that have viewing screens for TV or music



use. The strength equipment has three upper body and three lower body weight machines and a functional trainer. This room is open for use during building hours. Use is available to all guests

ages 13 and over on a drop-in basis or with a Fitness Pass.

Prices: Drop-in: \$5

Fitness Pass: \$70 – 20 visits, no expiration date (\$3.50 per visit).

Senior Fitness Pass (60+): \$63 – 20 visits.

RENTALS

The Rosehill Community Center offers sweeping views of Puget Sound, Whidbey and Hat Islands with floor to ceiling windows and a balcony.

You will love hosting your event here whether it is a wedding or a business convention. The Rosehill Community Center is a perfect location with reasonable rates and breathtaking views along with many more advantages. You and your guests have lodging options at nearby hotels The Silver Cloud, Staybridge Suites, TownePlace Suites and Hilton Garden Inn as well as a variety of restaurants within walking distance. There are venues for large or small events including dining and buffet tables, chairs, microphones, projector, screen, WI-Fi, kitchen* and dressing rooms*

The City of Mukilteo also offers, for an additional fee, outdoor venues onsite or at Lighthouse Park.

**Point Elliott Room only.*



FREE! COMMUNITY ORCHESTRA CONCERT

The Mukilteo Community Orchestra will present three free concerts during the 2018-2019 season. The first of these will be *An English Holiday* on Sunday, December 16. Bring family and friends to enjoy our tribute to the holidays featuring

mixed orchestral and choral sections.

The second concert on May 10, 2019 will be in partnership with the Snohomish County Music Teachers Association. This *Young Artists Concert* will feature student winners of the annual Concerto Competition, accompanied by MCO.

The final jazz-themed concert of the season will be on Sunday, May 19. Detailed information about each of the concerts will be posted on the orchestra's website, www.mukilteoorchestra.org.

SUNDAY	TIME	FEE
Dec 16	2:00pm	Free
March 10	2:00pm	Free
May 19	2:00pm	Free

BLOOD DRIVE

Save a Life! Sign up to donate blood today! The Puget Sound Blood Center will be at Rosehill Friday, October 12 taking blood donations. They are in need of donors.

Date: Friday, October 12
Time: 11:00am-5:00pm
Location: RHCC
Age: 18+*

*Donors under the age of 18 must have a release signed by a parent/guardian. All donors are subject to a health screening.



BOO BASH 2018

The 8th annual Boo Bash is the best way to spend Halloween in Mukilteo. Bring the entire family to Rosehill Community Center dressed in your best Halloween costume.

Kids will have the opportunity to play games, do awesome arts and craft projects, walk through a haunted house and more. Get outside and trick-or-treat around local businesses in the Old Town area. All activities are FREE! Bring a non-perishable food item(s) to donate to the Mukilteo Food Bank. All children will receive a reusable Boo Bash bag for trick-or-treating.

Date: Sunday, October 28
Time: 1:00-5:00pm*
Location: RHCC
Fee: Free**

*Open house event, come any time

**Bring a non-perishable food item(s) to donate to the Mukilteo Food Bank



HOLIDAY TREE LIGHTING

A tradition for over 30 years, the Holiday Tree Lighting and Open House draws hundreds of guests each year. Santa and Mrs. Claus will be at Candy Cane Lane for photo ops, crafting tables

for families will be open, cookie decorating, and music programs by local students. A special guest will cap off this free family friendly event by lighting the Community Tree. Donations for the food bank are accepted.

Date: Saturday, December 1
Time: 3:00-6:00pm*
Location: RHCC
Fee::** Free

*Tree Lighting at 5:45pm

**Bring a non-perishable food item(s) to donate to the Mukilteo Food Bank

CITIZEN'S ACADEMY

This eight week course allows attendees to interact with Police Officers while they learn about the day-to-day operations of the Mukilteo Police Department. The Mukilteo Police Department is offering a free 8-week class for the public which will generally be held one day a week in the evening. Those who work in law enforcement often wish the public had a better understanding of the day to day operations of a police department. The Mukilteo Police Department is making that wish a reality by creating an academy that teaches the general public about law enforcement. Although the Citizens Academy is not intended to make police officers out of the public, those who attend will learn a great deal about all phases of law enforcement.

Instructor: Myron Travis

Fee: Free

AGE	THURSDAY	RHCC*
18+	6:00-9:00pm**	Sep 20-Nov 8

*Graduation held at City Hall, 11930 Cyrus Way, Mukilteo WA

**To register please fill out the application found at www.mukilteowa.gov.

COMMUNITY GARAGE SALE

Reserve a table at 425.263.8180. Bring your items to sell during the "Great Mukilteo Garage Sale" as advertised in the Mukilteo Beacon. We do all the advertising, you just have to bring you items and sell, sell, sell! Limit of two (2) tables per person/group. No large furniture items. Tables will sell out.

Fee*: Free

AGE	THURSDAY	RHCC
18+	9:00am-2:00pm**	Saturday, April 27***

*Sellers fee: \$30 per table

**Load-in: 7:00am-8:45am, Load-out: 2:00pm-3:00pm

***Registration will begin on February 14



MUKILTEO FARMERS' MARKET

Co-sponsored by Farmers' Market and City of Mukilteo

Come and shop, taste, and browse through this market for incredibly delicious locally home-grown food.

Dates: Wednesdays through Sept 26

Time: 3:00pm - 7:00pm

Location: Lighthouse Park, 609 Front Street

Fee: Free



SOCK HOP

Come have fun as we take a walk down memory lane and transform the Point Elliott Room into a 1950's high school gymnasium. Wear your best 50's

attire, blue jeans, poodle skirts and saddle shoes as you dance your socks off to iconic entertainers of yesteryear, including Buddy Holly, Connie Francis, Chuck Barry, Patsy Cline and Elvis. There will be dance lessons, photo booth, best costume contest and more! Hot dogs, chips, drinks and dessert provided.

21+	FRIDAY	RHCC
6705	5:00-8:00pm	November 10**

** \$10 Member / \$15 Non-Member / \$25 per person at the door



EXPLORE THE BEACH WITH WSU SNOHOMISH COUNTY EXTENSION BEACH WATCHERS

Being a Beach Watcher is Awesome. Join Us!

Training in Spring 2019

Immerse yourself in Puget Sound! When you become a WSU Beach Watcher, you learn about where you live, and get a chance to craft your own environmental stewardship experience working with a dynamic and passionate group of community members. You don't have to be a biologist or teacher to volunteer – just be curious about Puget Sound and willing to volunteer. You'll have the option to share what you have learned to help others better appreciate, understand and conserve Puget Sound health OR get involved in one or several Puget Sound related research projects OR bring your own ideas to craft your own volunteer experience. All volunteers receive an 80 hour basic training that includes field trips and classroom sessions, offered by over 30 topical experts.



Become a Beach Naturalist!

Do you wonder what lives on Puget Sound beaches? Do you enjoy sharing what you know with others? If so, learn about marine life and how to share your knowledge

with the public. Field trips to the beach are included! Then, volunteer at least 14 hours by participating in 4 events with Beach Watchers during the spring and summer in the Mukilteo, Edmonds and Stanwood areas.

Contact Mikaela Montanari for more information: m.montanari@wsu.edu, 425 357-6026 or check out <https://tinyurl.com/wsu-BeachWatchers>.

HOME AND FAMILY DISASTER PREPAREDNESS CLASS

The Mukilteo Fire Department is looking to provide emergency preparedness classes for community groups, social clubs, organizations and businesses. In this class, scheduled at your convenience, we will review potential catastrophic events, from personal disasters like a house fire to community disasters like earthquakes. Attendees will leave with vital information to help you and your family to better prepare for and get through a disaster in our community. Contact Fire Chief Chris Alexander at calexander@mukilteowa.gov to schedule a class.

Instructor: Mukilteo Fire Dept. Staff



BUILD A GINGERBREAD HOUSE!

Bring your kids and make festive gingerbread houses! All supplies are included and the event is free courtesy of Jericho Bridge Church. Build a

personal gingerbread house, constructed using graham crackers wrapped around milk cartons and "glued" with frosting. Then, decorate with over 20 different fun and colorful candies. Come with your imagination, and leave with your gingerbread house and some fun memories. All children must be accompanied by an adult.

Instructor: Jericho Bridge Church

All Ages	SATURDAY	RHCC	FEE
6475	1:00pm-2:00pm	December 15	Free
6476	2:00pm-3:00pm	December 15	Free



FREE! QUILT MAKING – PROJECT LINUS

Take the mystery out of quilt making. Do you need help making that special blanket or quilt? Stop by and ask some questions or bring your

project to work on. We can help with cutting, laying out, construction and finishing how-to's. During this time, several of us have fun working on charity quilts that help local kids in need. If you are new at quilting, this is a great opportunity for you to help and learn at the same time. Or if you are experienced, we would love your help.

ADULT/SENIOR	WEDNESDAY	RHCC
Note*	10:00am-3:00pm	Sept 19
Note*	10:00am-3:00pm	Oct 31
Note*	10:00am-3:00pm	Nov 28
Note*	10:00am-3:00pm	Dec 12
Note*	10:00am-3:00pm	Jan 30
Note*	10:00am-3:00pm	Feb 27
Note*	10:00am-3:00pm	Mar 27

* Call Diane to register for these workshops 425.252.4524.



ART EXHIBIT AT ROSEHILL: GENE JARESS COLLECTION

Gene Jaress has been a working artist for over 50 years, winning numerous awards in multiple mediums. Following Vietnam combat duty, his studies at Cornish Art School included painting, sculpture, printmaking

and jewelry. He became a master jeweler. Now mostly painting, he uses an indirect style, layering multiple transparent layers of oil paint to create a luminous atmospheric expression. He believes in thoroughly mastering the medium he works in to produce an excellent piece of art from the support to the frame, so the artwork may be appreciated for generations.

Dates: October - December

ART EXHIBIT AT ROSEHILL: SECONDARY SCHOOLS' ART EXHIBIT

The annual exhibit of artwork from the students in the visual arts programs of the Mukilteo School District will take place at Rosehill Community Center (RHCC). Members of the community are invited to attend the reception honoring the students whose artwork is displayed. This popular exhibit will include drawing, painting, printmaking, and mixed media works in a wide range of styles, by a number of our community's most talented young artists!

Dates: January - March



MUKILTEO LIGHTHOUSE FESTIVAL

Location: Lighthouse Park

Dates: Friday-Sunday, September 7, 8 & 9, 2018

Run-A-Muk: Saturday, August 25

For more information call 425.353.5516, visit www.mukiletolighthousefestival.com or email info@mukfest.com.

YOUTH



LITTLE SPROUTS MUSIC TOGETHER

We offer play-based music and movement classes to children and the grown-ups who love them. All of our classes are Mixed Age Classes for children 0-5 years, because part of the Music Together® philosophy is to create an environment where children can develop their musical abilities at their own pace, without expectations tied to their age. Contact Brenna if you have any questions at info@littlesproutsmusictogether.com.

Birth-5	WEDNESDAY	RHCC	FEE
Note*	Sept 12 - Nov 14	10:00am-11:00am	\$200
Note*	Sept 12 - Nov 14	11:00am-12:00pm	\$200
Note*	Jan 9 - Mar 27**	10:00am-11:00am	\$200
Note*	Jan 9 - Mar 27**	11:00am-12:00pm	\$200

Birth-5	SATURDAY	RHCC	FEE
Note*	Sept 15 - Nov 17	10:00am-11:00am	\$200
Note*	Sept 15 - Nov 17	11:00am-12:00pm	\$200
Note*	Jan 12 - Mar 23	10:00am-11:00am	\$200
Note*	Jan 12 - Mar 23	11:00am-12:00pm	\$200

*Register for classes: www.littlesproutsmusictogether.com

**No Class 2/20



Instructor Profile: Brenna Wells

Brenna is the Owner, Director and Registered teacher of classes at Little Sprouts Music Together, which will be in its third year of operation this fall. Originally from the Pacific Northwest, Brenna relocated back to the Seattle area after spending the last several years in Boston, MA as a professional singer. Prior to her move to Seattle, she taught Music Together® classes at Music and Movement of Newton and has taught this curriculum for over 4 years.

Brenna also maintains a thriving career as a professional soprano soloist, usually performing classical repertoire, though she also had the unexpected dream debut of singing back up vocals on "You Can't Always Get What You Want" with the Rolling Stones and their 50th Anniversary Tour!

Brenna loves to incorporate popular music as well as world music, fun, silliness and PLAY into the Music Together classes. This rich, play-based curriculum introduces musical concepts to your little one in a really fun way that you'll look forward to each week. Come "sing, dance, play, and learn" with Little Sprouts Music Together."



KIDZ LOVE SOCCER

Learn the world's most popular sport from professional Kidz Love Soccer trained coaches. Players are taught soccer skill, drills, and strategies through a non-competitive, age-appropriate format.

SOCCER 1: TECHNIQUES & TEAMWORK: AGE 5-6

6667	Sept 13-Oct 18	Thursday	4:00-4:45pm
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PRE SOCCER: AGE 4

6664	Sept 13-Oct 18	Thursday	4:50-5:25pm
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TOT-SOCCER: AGE 3.5

6665	Sept 13-Oct 18	Thursday	5:30-6:00pm
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MOMMY/DADDY & ME SOCCER: AGE 2-3.5

6663	Sept 13-Oct 18	Thursday	6:05-6:35pm
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Fee: \$78

Instructor: Kidz Love Soccer

NATURE TOGETHER PRESCHOOL PROGRAM

Early learning program taught completely outdoors in the Japanese Gulch. This program is for 3-5 year olds that are potty trained. Children will join Miss Kris and her assistant in the Japanese Gulch exploring, experimenting, playing, observing and more. We will spend the first 2 ½ hours of class learning in the forest and will end our time at the Mukilteo Community Garden shelter with lunch, a story and discussion/journaling of what we discovered that day. The program uses an inquiry-based teaching style to spark children's curiosity and engage in active learning. The program's curriculum emerges from the children's interest as they move through the natural world and the seasons. In this program children will develop a strong sense of place and belonging from their intimate connection with nature.

Instructor: Kristin Hammer

***Registration:** <http://explorenaturetogether.com/register/>

Fall Semester: Mukilteo Community Garden

3yr-5yr	DAY/TIME	DATE	FEE
Note*	Tuesday 9:45am-12:45pm	Sept 4-Dec 11	\$420
Note*	Wednesday 9:45am-12:45pm	Sept 5-Dec 12	\$420
Note*	Thursday 9:45am-12:45pm	Sept 6-Dec 13	\$420

Winter Semester: Mukilteo Community Garden

3yr-5yr	DAY/TIME	DATE	FEE
Note*	Tuesday 9:45am-12:45pm	Jan 8-Apr 2	\$360
Note*	Wednesday 9:45am-12:45pm	Jan 9-Apr 3	\$360
Note*	Thursday 9:45am-12:45pm	Jan 10-Apr 4	\$360

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NATURE TOGETHER PARENT-CHILD CLASS

Nature Together is a nature based early childhood class for children age 2-5 with their caregivers. Class is taught entirely outdoors and uses the natural world around us for learning and discovery. Class will include circle time with stories, finger plays and/or songs. There will also be an activity or hike that leads to free exploration and then sharing of what we discovered. We will be outside rain or shine so dress appropriately. A canopy for shelter and a tarp for seating will be provided. Studies have shown that learning in an outdoor environment helps children focus better and reduces stress. Come explore nature together!

Location: 92nd St Park

2YR-5YR	DAY/TIME	DATE	FEE
Note*	Monday 9:45am-11:00am	Sept 24-Oct 29	\$135

YOUTH



SAFE KIDS 101 - HOME ALONE CLASS

Kids think they are ready to stay home alone and parents wonder if it's okay to let them. This three-hour home alone class will help your 9 to 13-year-old take the next step in independence while giving you peace of mind. Topics include: responsibilities when staying home alone, simple first aid and abdominal thrusts for choking victims, how to navigate the online world, fire safety and what to do around an aggressive dog. We'll also discuss the truth behind abuse, abduction and stranger danger. All participants will receive the *Safe Kids 101* book.

9-13yrs	SATURDAY	RHCC	FEE
6244	9:00am-12:00pm	Sept 15	\$43
6698	9:00am-12:00pm	Nov 10	\$43



GLOBE

GLOBE is a welcoming, diverse, and open-minded place accepting GLBTQ youth ages 14-20 years regardless of gender or gender expression. GLOBE allows you to be yourself, have fun, meet peers and share concerns about your life. Experienced facilitators lead discussions and provide referrals as needed. GLOBE meets at Rosehill Community Center at a confidential time and day. To get more information contact 425.263.2908 or globeleaders@hotmail.com.

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ADULT AND CHILD CPR & AED

Students will learn how to respond to cardiac and breathing emergencies in adults and children, including how to perform cardiopulmonary resuscitation (CPR) and the use of automated external defibrillators (AED). It does not include CPR/AED for infants. This course is good for individuals needing credentialed training for job regulatory requirements or for those who just want to learn how to save a life. This course is accredited by the Emergency Care & Safety Institute (ECSI) and satisfies OSHA, WISHA, L&I, and other requirements for non-health care providers. Students who complete this course will receive a certificate that is valid for two years.

Instructor: Lighthouse First Aid Training

12yrs-up	RHCC	DATE	FEE
6486	6:00pm-9:00pm	Sept 12	\$46
6487	6:00pm-9:00pm	Oct 10	\$46
6488	6:00pm-9:00pm	Nov 14	\$46
6489	6:00pm-9:00pm	Dec 12	\$46
6490	6:00pm-9:00pm	Jan 23	\$46
6491	6:00pm-9:00pm	Feb 13	\$46
6492	6:00pm-9:00pm	Mar 13	\$46



PUPPY SKILLS/ LIFE SKILLS

Want your puppy to come every time you call for them? Our family friendly classes are designed to teach your family how to train your

dog using safe, gentle and positive, scientifically-proven techniques that even a child can easily learn to do. Class fee includes booklet and clicker (optional for noise phobic dogs) and the AKC STAR Puppy Award.

Instructor: Gayle Ballinger

16+	SATURDAY	RHCC	FEE
Note*	9:00am-10:00am	Ongoing	\$180**
Note*	10:15am-11:15am	Ongoing	\$180**

* Class Dates and Register: www.paws101.com or call Gayle Ballinger at 206-799-0521.

**Price is per dog

PUPPY CHARM SCHOOL

Start your puppy off on the right path. This modular class helps new puppy families take the mystery and challenge out of socialization, potty training, house training, nipping and bite inhibition, common problems, teaching basic cues, beginning obedience, off leash play and so much more. Healthy puppies only, vet/fecal exam required.

Dog's Age: 5 months or younger only.

Instructor: Gayle Ballinger

16+	SATURDAY	RHCC	FEE
Note*	11:30am-12:30pm	Ongoing	\$30**

* Class Dates and Register: www.paws101.com or call Gayle Ballinger at 206-799-0521.

**Price is per dog

ADULTS / MUSIC



MUKILTEO COMMUNITY ORCHESTRA

The Mukilteo Community Orchestra (MCO) provides

intermediate and advanced adult musicians an orchestral experience in a friendly, supportive atmosphere.

The orchestra includes string, woodwind, brass, and percussion instruments. MCO members play a variety of classical music in weekly rehearsals and three or four concert performances each season. Rehearsals are Tuesday, September through May, and Thursday before each concert. Trevor Lutzenhiser, conductor and artistic director, defines the necessary balance of instruments and new members are accepted accordingly. The orchestra is currently specifically seeking additional string, harp, and oboe musicians. For more information or with questions contact membership@mukilteoorchestra.org.

See page 6 for information on the upcoming free Community Orchestra Concerts.

Conductor: Trevor Lutzenhiser

Dates: Tuesdays, Sept 4-May 28, 2019

Time: 7:00-9:00 pm

Location: RHCC, Pt. Elliott Rm Stage

Fees: Payable to MCO

- Individual - \$20/month or \$180/per year
- Family (2 or more) - \$30/month or \$270/year
- Student - \$10/month or \$90/year



FREE! CHAMBER MUSICIANS GROUP

This class is designed to provide an opportunity for intermediate and advanced musicians to practice and

possibly perform using small ensemble repertoire. Various ensembles will be formed from the available personnel of woodwind, brass, string, and piano students. These ensembles may include woodwind quintets, string quartets, and other various ensembles based on the repertoire and available players. Pianists may participate in chamber music based upon the availability of other instrumentalists to form piano-based ensembles.

Instructor: Linda Wooding

Dates: Tuesdays, Sept 4-Mar 26

Time: 5:00pm - 6:30 pm

Location: RHCC

Fee: Free

Register: Call Linda at 425.353.2644

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Join us for heart pumpin' workouts that incinerate up to 800 calories per hour. You'll leave breathless, toned and ready for more. Fresh music and new moves keep you psyched to sweat. Instructors train every year to master the Jazzercise method which fuses cardio, resistance training, Pilates, yoga, kickboxing and the demanding forms of dance. You can expect to feel results after 3 classes of this total body workout. Our community of instructors and customers encourage, inspire and motivate each other to commit to our overall fitness and health. Participants will never miss a beat with step-by-step instruction and technique tips to ensure a safe and effective workout for all fitness levels. A variety of equipment is provided including weights, balls, and exercise tubes. Bring a water bottle and mat.

Instructors: Laurie Sweet, Danica Gonsalves, Delia Kelly, Randi Royce, Sandra Madrigal

Owner: Laurie Sweet 425.337.2893/425.327.8779, mukjazzercise@gmail.com

Date: Continuous classes

Location: RHCC

Fees:

- EFT: \$50/month, 12 month minimum, \$25 one-time joining fee, unlimited classes
- EFT: \$60/month, 6 month minimum, \$35 one-time joining fee, unlimited classes
- Single Visit Pass: \$15
- 10-Class Pass: \$100 (with \$25 one-time joining fee)
- One and two month options also available

AGE	DAY	RHCC
16+	Mon-Fri	9:15am
16+	Sat	8:30am

*No Class Sept 3, 8, Oct 28, Nov 12, 22, 23, Jan 1, 21, Feb 18
Accepting Silver Sneaker members

INTERVAL FUSION (HIIT-HIGH INTENSITY INTERVAL TRAINING)

Equal parts circuit-based bursts of cardio and strength training, this 60 minute workout carves your body into the shape you strive for. Targeted, muscle-carving sets followed by shorter blasts of cardio dance kickstart metabolism to keep calories burning for hours after the workout is over. Participants will use hand weights, tubes and large exercise balls. Bring water bottle and a mat if you own one. Tubes, weights and balls will be provided.

AGE	RHCC	FEE
16+	T/TH, 5:30pm	\$13/Class* 10 Class Pass \$100*

*Pay instructor

Contact Laurie Sweet at mukjazzercise@gmail.com



CANDLELIGHT YOGA

Gentle yoga for all levels and abilities. Combine strengthening and stretching poses with deep breathing and meditation or relaxation. Please bring a yoga mat.

Instructor: Jeanie Coleman

18+ yrs	WEDNESDAY	RHCC	FEE
6498	6:00pm-7:15pm	Sept 5-26	\$48
6499	6:00pm-7:15pm	Oct 3-24	\$48*
6500	6:00pm-7:15pm	Nov 7-28	\$48
6501	6:00pm-7:15pm	Dec 5&12	\$24*
6502	6:00pm-7:15pm	Jan 2-30	\$60
6503	6:00pm-7:15pm	Feb 6-27	\$48
6504	6:00pm-7:15pm	Mar 6-27	\$48

*Drop-in fee \$14

No Class Oct 31, Dec 19, 26

ADULTS / FITNESS



ZUMBA®

Come and have a blast getting fit with ZUMBA®, a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements. It's a fun way to receive the benefits of

aerobics, interval training, muscular endurance building and flexibility. Dress in your workout clothes, bring some water and a towel and let's have some fun.

Instructor: 2 Fun 4 Fitness, Lisa Reid

Wednesday Class: 5:15pm-6:15pm

Sunday Class: 10:00am-11:00am

13+ yrs	RHCC, WED/SUN	FEE
6505	Sept 2-30*	\$52
6506	Oct 3-31*	\$52
6507	Nov 4-28	\$52
6508	Dec 2-30*	\$52
6509	Jan 2-30	\$52
6510	Feb 3-27	\$52
6511	Mar 3-31	\$52

\$52/10-class punch card; \$7.00 drop-in

*No Class 9/9, 10/28, 12/19, 12/26



TAI CHI FOR REHABILITATION AND DIABETES

Anyone can do Tai Chi! Recovering from an illness, surgery or

pre-diabetic/diabetic, then this program is for you. If you want a Tai Chi set of movements that carry minimum risk, deliver quick results, is enjoyable and helps you relax, the "Tai Chi for Rehabilitation and Diabetes" is for you! The program starts with a low level of physical exertion and builds. This is important for people with diabetes because it minimizes the risk of hypoglycemia. The great thing about Tai Chi is it is not about competing – it is just for you.

Instructor: Patricia Burke

50+ yrs	TUES/THURS	RHCC	FEE
6643	9:30am-10:30am	Sept 4-27	\$39
6644	9:30am-10:30am	Oct 2-30	\$39
6645	9:30am-10:30am	Nov 1-29*	\$39
6646	9:30am-10:30am	Dec 4-27	\$39
6647	9:30am-10:30am	Jan 3-31	\$39
6648	9:30am-10:30am	Feb 5-28*	\$39
6649	9:30am-10:30am	Mar 5-28	\$39

*No Class 11/22, 2/21

TAI CHI CHUAN & QIGONG

Tai Chi Chuan is the opportunity for you to tune in and listen to your body, mind and soul. The slow continuous motions of the form are like a deep and wide river moving slowly out to sea. Mixed with pleasant music, Tai Chi puts you at a higher level of consciousness. You will enjoy learning from instructor Larry Flemming's calm and focused demeanor.

Instructor: Larry Fleming

Location: RHCC

9+ yrs	WEDNESDAY	RHCC	FEE
6512	6:00pm-7:00pm	Sept 5-26	\$60
6513	6:00pm-7:00pm	Oct 3-31	\$75
6514	6:00pm-7:00pm	Nov 7-28	\$60
6515	6:00pm-7:00pm	Dec 5&12	\$30
6516	6:00pm-7:00pm	Jan 2-30	\$75
6517	6:00pm-7:00pm	Feb 6-27	\$60
6518	6:00pm-7:00pm	Mar 6-27	\$60

*Drop-in fee \$17



Instructor Profile: Larry Fleming

Larry brings over 31 years of experience in the martial arts. Beginning in 1977, in Rochester, New York, he practiced Tae Kwon Do. When Larry moved to Maryland he began the study of Tai Chi in 1995, and he started teaching in 1998. He continued teaching students ages 6-84 until he moved here in 2007. He taught at the Greenbelt Community Center, National Archives II and the University of Maryland in College Park while living in Maryland.

YOGA FLOW FOR EVERY BODY TYPE

Get into your body, and mind with focus on breath and movement. Slowly increasing flexibility, stretch, strength, balance, while freeing stress, and nurturing peace of mind ending with revitalizing relaxation. Bring yoga mat, water, towel and yoga block.

Instructor: Beatriz Bee

16+ yrs	MONDAY	RHCC	FEE
6656	6:30pm-7:30pm	Sept 10-24	\$30
6657	6:30pm-7:30pm	Oct 1-29	\$50
6658	6:30pm-7:30pm	Nov 5-26*	\$30
6659	6:30pm-7:30pm	Dec 3-10	\$20
6660	6:30pm-7:30pm	Jan 7-28*	\$30
6661	6:30pm-7:30pm	Feb 4-25*	\$30
6662	6:30pm-7:30pm	Mar 4-25	\$40

* No Class 11/12, 1/21, 2/15

Drop in: \$12



MEDITATION WEDNESDAYS

This series will focus on quieting the mind, reducing stress, healing the emotions, and awakening our deepest self.

Instructor: Roy Holman

16+	WEDNESDAY	RHCC	FEE
6274	7:00pm-8:30pm	Sept 12-Oct 3	\$64

ADULTS / FITNESS

TOTAL BODY TRANSFORMATION

Total body, fully functional movements that will get every part of your body burning fat, increasing muscle tone and keeping your metabolism going. Classes will run for 45 minutes, combining strength training and conditioning drills. Get ready to work hard and have fun.

18+ yrs	M/W/TH	RHCC	FEE
6519	7:00pm-7:45pm	Sept 5-27*	\$17/Class
6520	7:00pm-7:45pm	Oct 1-31	\$17/Class
6521	7:00pm-7:45pm	Nov 1-29*	\$17/Class
6522	7:00pm-7:45pm	Dec 3-13	\$17/Class
6523	7:00pm-7:45pm	Jan 2-31*	\$17/Class
6524	7:00pm-7:45pm	Feb 4-28*	\$17/Class
6525	7:00pm-7:45pm	Mar 4-28	\$17/Class

Drop in: \$17. Monthly Rates Available.

*No Class 9/3, 11/12, 11/22, 1/21, 2/18

PERSONAL TRAINING

If group training isn't your thing, you can schedule a private training session to get you started. Achieve the goals that you are trying to get, with workouts that are specifically designed for you. Training sessions are 60 min.

18+	M-F	RHCC	FEE
6361	7:00am-7:00pm	Ongoing	\$60

Make appointment with instructor then register at the Rosehill Community Center. Call Tim Winslow at 360-271- 7556 to schedule your appointment.



Instructor Profile: Tim Winslow

I have a bachelor's degree in Exercise Science from Central Washington University and a minor in Athletic Training. I have been training for 4 years and counting, and I have a lot of experience and enjoyment training people of all ages. I have some background in physical therapy as well. Strength training and therapy supplement each other well. My philosophy when training is to work hard and have fun. What's the point of not giving it your all when doing something. That being said, making it fun will keep you coming.

ADULTS / DANCE



LINE DANCING

This class is loads of fun! Come dance to Country, Pop, R&B music and more. Kirk Smith will make the steps easy to follow. Wear leather-soled, smooth-soled or dance shoes. Questions, call Kirk Smith (425) 344-2581.

Instructor: Kirk Smith

12+	MONDAY	DATE(S)	FEE
6527	5:00pm-6:00pm	Oct 1,15	\$10/class
6529	5:00pm-6:00pm	Nov 5	\$10/class
6530	5:00pm-6:00pm	Dec 3,17	\$10/class
6532	5:00pm-6:00pm	Jan 7,21	\$10/class
6536	5:00pm-6:00pm	Feb 4	\$10/class
6539	5:00pm-6:00pm	Mar 4, 18	\$10/class

12+	SATURDAY	DATE(S)	FEE
6542	3:00pm-4:00pm	Oct 6, 20	\$10 per class
6544	3:00pm-4:00pm	Nov 3, 17	\$10 per class
6546	3:00pm-4:00pm	Dec 1, 15	\$10 per class
6548	3:00pm-4:00pm	Jan 5, 19	\$10 per class
6550	3:00pm-4:00pm	Feb 2, 16	\$10 per class
6537	3:00pm-4:00pm	Mar 2, 16	\$10 per class

*Location: Chris Aoki Golf Training Academy 11601 Harbour Point Blvd.
#104 Mukilteo

DANCE FOR BEGINNERS

Learn basic patterns in Swing, Ballroom, West Coast Swing, Latin, Salsa, Nightclub 2-Step, Country 2-Step and more. This is a fun learning atmosphere with lively music. No partner needed. Wear leather, smooth-soled or dance shoes. Questions, call Kirk Smith (425) 344-2581.

Instructor: Kirk Smith

12+	FRIDAY	DATE(S)	FEE
6552	5:00pm-6:00pm	Oct 5-19	\$45
6553	5:00pm-6:00pm	Nov 2-16	\$45
6554	5:00pm-6:00pm	Dec 7-21	\$45
6555	5:00pm-6:00pm	Jan 4-18	\$45
6556	5:00pm-6:00pm	Feb 1-15	\$45
6557	5:00pm-6:00pm	Mar 1-15	\$45

*Location: Chris Aoki Golf Training Academy 11601 Harbour Point Blvd.
#104 Mukilteo

WEST COAST SWING FOR BEGINNERS

This is a low impact, smooth swing dance that is very popular around the world. Dance to Pop, R&B, Blues, Country and Jazz. Wear leather, smooth-soled or dance shoes. Questions, call Kirk Smith (425) 344-2581.

Instructor: Kirk Smith

12+	SATURDAY	DATE(S)	FEE
6558	4:15pm-5:45pm	Oct 6-20	\$60
6559	4:15pm-5:45pm	Nov 3-17	\$60
6560	4:15pm-5:45pm	Dec 1-15	\$60
6561	4:15pm-5:45pm	Jan 5-19	\$60
6562	4:15pm-5:45pm	Feb 2-16	\$60
6563	4:15pm-5:45pm	Mar 2-16	\$60

*Location: Chris Aoki Golf Training Academy 11601 Harbour Point Blvd.
#104 Mukilteo

Class: 4:15-5:15pm
Practice: 5:15-5:45pm



ADULTS / GOLF



GET TO GOLF: FOR WOMEN AND MEN

Good for beginners who want to break 100. Your instructor is woman PGA Teaching Professional, Chris Aoki. Learn at an easy pace using a simulator with video. You will receive individual attention in a group setting with two instructors. Clubs provided. Please wear athletic or golf shoes. Questions: Call Chris Aoki (425) 344-2581.

Instructor: Chris Aoki Golf

Location: Chris Aoki Golf Training Academy, 11601 Harbour Pointe Blvd. Suite 140, Mukilteo

ADULT	WEDNESDAYS	DATES	FEE
6570	5:30pm-6:30pm	Oct 3-17	\$120
6571	5:30pm-6:30pm	Nov 7-21	\$120
6572	5:30pm-6:30pm	Dec 5-19	\$120
6573	5:30pm-6:30pm	Jan 2-16	\$120
6574	5:30pm-6:30pm	Feb 6-20	\$120
6575	5:30pm-6:30pm	Mar 6-20	\$120

ADULT	THURSDAYS	DATES	FEE
6564	4:00pm-5:00pm	Oct 4-18	\$120
6565	4:00pm-5:00pm	Nov 1-15	\$120
6566	4:00pm-5:00pm	Dec 6-20	\$120
6567	4:00pm-5:00pm	Jan 3-17	\$120
6568	4:00pm-5:00pm	Feb 7-28*	\$120
6569	4:00pm-5:00pm	Mar 7-21	\$120

*No Class February 14

ESSENTIAL ETIQUETTE FOR GOLFERS

Here's a chance to learn proper etiquette, pace of play and safety on the golf course using a fun game and discussing answers using a "mock" golf course. Learn ready golf, and play faster without rushed feelings. Streamline thinking by knowing what to do to become a confident player.

Instructor: Chris Aoki Golf

Location: Chris Aoki Golf Training Academy, 11601 Harbour Pointe Blvd. Suite 140, Mukilteo

ADULT	WEDNESDAY	DATES	FEE
6679	4:00pm-5:00pm	Oct 10	\$15
6680	4:00pm-5:00pm	Nov 14	\$15
6681	4:00pm-5:00pm	Dec 12	\$15
6682	4:00pm-5:00pm	Jan 16	\$15
6683	4:00pm-5:00pm	Feb 13	\$15
6684	4:00pm-5:00pm	Mar 13	\$15

ADULTS / ARTS & CRAFTS

INTRO TO BEAD WEAVING PART 1

This class will serve as an introduction to this art form. Over the six week class, you will learn about the different supplies and tools used, and will learn the basics of a number of stitches (daisy, spiral, netting, and even count Peyote) along with some simple variations. By the end of session, you will have created a number of different projects that you can wear. The kit (mandatory) will include enough tools to get you started, plus all the supplies needed to complete all the projects. The only thing you'll need to bring is a bag to keep all your supplies in, a willingness to learn, and the desire to have some fun in a relaxed environment.

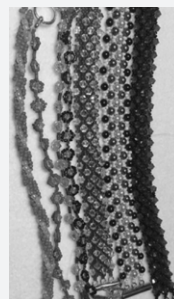
Instructor: Marla Baer-Peckham

ADULT	THURSDAY	RHCC	FEE
6576	1:00pm-3:30pm	Oct 11-Nov 15	\$50 + kit fee*
6577	1:00pm-3:30pm	Jan 10-Feb 14	\$50 + kit fee*

*Kit Additional \$50 (Includes all materials needed for class). Pay directly to instructor on first day of class.

"This is a great experience! I love the class!"

- Cynthia H.



INTRO TO BEAD WEAVING PART 2

This class is for people who've completed Part 1, or have had some basic experience with speed bead stitches. We will continue our exploration of the stitches covered in Part 1, then expand our knowledge base through some new projects. You will learn odd-count Peyote, Herringbone, and Brick stitch, including techniques for increasing and decreasing. We will play with some shapes (triangles, squares, warped squares) and other amazing things that can be done with just our beads and a needle and thread. The kit for Part 2 (mandatory) will include all the supplies needed to complete all of the projects. You will need to provide your own bead mats, cutters, Fireline (or other thread), and needles.

Instructor: Marla Baer-Peckham

ADULT	THURSDAY	RHCC	FEE
6578	9:30am-12:00pm	Oct 11-Nov 15	\$50 + kit fee*
6579	9:30am-12:00pm	Jan 10-Feb 14	\$50 + kit fee*

*Kit Additional \$30 (Includes all materials needed for class). You will need to provide your own bead mats, cutters, Fireline (or other thread), and needles. Pay directly to instructor on first day of class.

SEW TOGETHER 1,2,3

Spark an interest and enthusiasm for sewing or refresh your skills. We will cover the basics: hand sewing, tools for sewing, sewing machine care, terminology and machine sewing. Your expertise will build each week with projects including a pillow case with contrasting cuff, market/tote bag with pocket, reversible lunch bag, decorative pillow, apron, zipper pouch, needle case and other projects as time and ability allow. Students must bring a sewing machine in good working order and basic sewing tools to class.

ADULT	WEDNESDAY	RHCC	FEE
6580	9:45am-12:30pm	Sept 19-Oct 24	\$52
6581	9:45am-12:30pm	Nov 7-Dec 19	\$52
6582	9:45am-12:30pm	Jan 9-Feb 13	\$52

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ASIAN BRUSH PAINTING

Asian Brush Painting started about 2000 years ago, and there are several distinctive styles. We study the style emphasizing the fewest strokes to express the inner spirit called, 'Qi.' Using freshly ground ink each session, we translate 'Qi' onto the rice paper with a brush charged with black ink. You will find it satisfying to see your expressions transferred onto the paper, which reflects your thoughts and moods. Come and share the love of painting and explore this wonderful art from the Orient.

Instructor: Hyeh-Yeon (pronounced Yay-Yon) Hoffer

16+ yrs	TUESDAYS	RHCC	FEE
6583	6:00pm-8:30pm	Sept 11,18	\$60
6584	6:00pm-8:30pm	Oct 9, 16	\$60
6585	6:00pm-8:30pm	Nov 13,20	\$60
6586	6:00pm-8:30pm	Jan 8,15	\$60
6587	6:00pm-8:30pm	Feb 12,19	\$60
6588	6:00pm-8:30pm	Mar 12,19	\$60



PUMPKIN DECORATING

Come and carve an adorable sugar pumpkin and create an arrangement using fresh fall flowers. Bring a sharp knife for carving, a spoon for scooping, and scissors. All other supplies provided. Grab a friend and have a fun evening out!

Instructor: Karen Hempel

ADULT	THURSDAY	DATE	FEE
6706	6:00pm-8:30pm	Oct 25	\$25

WANT TO TEACH AT ROSEHILL?

Share your passion by becoming an instructor at the Rosehill Community Center. Currently seeking instructors in the following areas...

- Children's Dance/Ballet
- Children's Gymnastics
- Drama (Children/Adult)
- Art (Children/Adult)
- Low Impact Exercise Classes
- Hiking
- Mommy/Daddy and Me Classes
- Karate
- Want to teach something that is not listed, please inquire.

Interested in teaching? Call 425-263-8186 or email us at recreation@mukilteowa.gov.





MUKILTEO LIGHTHOUSE QUILTERS PRESENTS:

The 'friendliest little quilt guild in the Northwest' invites you to join us for the following special presentations at our monthly meetings. The meetings are held at Rosehill Community Center. For more information about our non-profit guild, please visit our website: mlquilters.org.

Ages: 13+

Day: Tuesday

Time: 6:45pm-8:45pm

Location: RHCC

SEPTEMBER 18

PROGRAM: MARCIA DERSE, FABRIC DESIGNER

Fabric designer and artist, Marcia Derse will present a trunk show of her fabrics and discuss her process of design. Her fabrics are truly amazing and the procedure is equally interesting and we'll be among the first to see her new Fall Line of fabrics.

OCTOBER 16

PROGRAM: TONYA ALEXANDER, PATTERN DESIGNER AND QUILTER

Join us to see and hear from nationally known designer and quilter, Tonya Alexander. Tonya will present a trunk show of many of her pattern designs and talk about her inspiration.

NOVEMBER 20

PROGRAM: PATRICIA BELYEA, OKAN ARTS

Internationally known Patricia Belyea will present information on her Yukata Fabrics and present a talk on her Japanese influenced designs and fabric

JANUARY 15

PROGRAM: MLQ BIRTHDAY PARTY AND MEET AND GREET!

January is our guild's birthday, and all are invited to attend our annual party. We are especially honored to meet and greet those who are interested in the art of quilting and in joining us for our celebration!



FEBRUARY 26

PROGRAM: "NEEDLES AND THREADS" BY LISA MORTELL

Our very own Lisa Mortell will discuss which needle and what thread to use for any project, from wool hand applique to machine thread painting. She'll have samples of the gorgeous things she's created as well!

MARCH 19

PROGRAM: SCOTT HANSEN, BLUE NICKEL STUDIOS

Internationally known, Scott Hansen will present a trunk show and discussion on his "urban folk-modern design" style. His original patterns are unique and contemporary, basically gorgeous!



SENIOR BALANCE AND STRENGTH

Designed to build muscle and bone strength and reduce the risk of falls by improving strength, posture, balance and flexibility. The exercises in this class are proven safe and

effective for managing osteoporosis and osteopenia. The class involves strength training and gentle cardio for a full body workout.

Instructor: Diane Meadows

SENIORS	WEDNESDAY	RHCC	FEE
6598	12:15pm-1:00pm	Sept 5-26	\$52
6599	12:15pm-1:00pm	Oct 3-31	\$65
6600	12:15pm-1:00pm	Nov 14-28	\$39*
6601	12:15pm-1:00pm	Dec 5&12	\$26*
6602	12:15pm-1:00pm	Jan 2-30	\$65
6603	12:15pm-1:00pm	Feb 6-27	\$52
6604	12:15pm-1:00pm	Mar 6-27	\$52

First-time enrollees take 50% off class fee.

No Class Nov 7, Dec 19, 26

*Drop-in fee: \$14

GENTLE YOGA FOR OVER 50'S

Join us to combine strengthening and stretching poses with breath and meditation. Please bring a yoga mat.

Instructor: Jeanie Coleman

50+	TUESDAY	RHCC	FEE
6605	10:30am-11:30am	Sept 4-25	\$40
6606	10:30am-11:30am	Oct 2-30	\$50
6607	10:30am-11:30am	Nov 6-27	\$40
6608	10:30am-11:30am	Dec 4&11	\$20
6609	10:30am-11:30am	Jan 8-29	\$40
6610	10:30am-11:30am	Feb 5-26	\$40
6611	10:30am-11:30am	Mar 5-26	\$40

*Drop-in fee: \$12

POSTURE ALIGNMENT

Pain is the body's way of alerting you to the fact that your body isn't aligned and therefore isn't moving properly. Gentle exercises and stretches will return musculoskeletal balance and symmetry back to your body. You will feel pain relief immediately. Bring a yoga mat or large towel and a firm pillow.

Instructor: Sandy Taylor, Certified Posture Alignment Specialist

50+	TIME	RHCC	FEE
Note*	1:00pm-2:00pm	Sept-Mar	\$12*
Note*	12:00pm-1:00pm	Sept-Mar	\$12*

*The 12:00pm class offers a more demanding exercise for those looking for a workout.

*\$6 for Mukilteo Senior Association Members

No class Dec 26



AARP SMART DRIVER

The AARP Smart Driver course is the nation's first and largest refresher course designed specifically for older drivers. The research based curriculum offers proven strategies so people can continue driving safely and remain active and independent longer. Students

who complete this Washington state approved course are issued a certificate which, when presented to their insurance company receive a discount on their insurance premiums as mandated by Washington state laws. **Pay instructor directly.**

Instructor: Michael Harrington

50+	WEDNESDAY	RHCC	FEE
6187	10:00am-2:00pm	Sept 25-26	\$15*
6188	10:00am-2:00pm	Nov 27-28	\$15*

*AARP member. \$20 non-member.

SENIORS

DEFENSIVE DRIVING

This one day classroom driver refresher course for seniors 55 and over is back at the Rosehill Community Center. Participants are given a discount by all auto insurers in the state of Washington. We make the class fun and interesting. Please bring a lunch and a snack. We look forward to seeing you. Call 425.263.8180 to reserve your spot.

Instructor: Pat Ward

ADULT	WEDNESDAY	RHCC	FEE
6619	9:00am-2:30pm	Sept 12	\$20
6620	9:00am-2:30pm	Oct 10	\$20
6621	9:00am-2:30pm	Nov 14	\$20
6622	9:00am-2:30pm	Dec 12	\$20
6623	9:00am-2:30pm	Jan 9	\$20
6624	9:00am-2:30pm	Feb 13	\$20
6625	9:00am-2:30pm	Mar 13	\$20

FREE ANDROID 101

Struggling to understand your phone? This free class will help you understand how to use your phone more efficiently.

ADULT	WEDNESDAY	RHCC
6631	2:00pm-3:00pm	Sept 11
6632	2:00pm-3:00pm	Oct 9
6633	2:00pm-3:00pm	Nov 13
6634	2:00pm-3:00pm	Dec 11
6635	2:00pm-3:00pm	Jan 8
6636	2:00pm-3:00pm	Feb 12
6637	2:00pm-3:00pm	Mar 12

OSHER LIFELONG LEARNING INSTITUTE LECTURE SERIES

Join us for a free lecture! The Osher Lifelong Learning Institute at the University of Washington (OLLI-UW)

invites adults over 50 to come together to share intellectual interests and make new friends. In this lively learning environment, current and retired UW faculty and community experts lead courses and events. **First Tuesday of the month.** Save the Date! Monthly lecture will be on September 4, October 2, November 6 and December 4.

Free to people ages 50+, must have current OLLI-UW Membership (\$35). No registration required.

Visit www.osher.uw.edu and click "Join."

OSHER CLASSES

Register for Osher Classes at www.osher.uw.edu. Fees vary.

Prayer Flags for Peace

Create a beautiful prayer flag chain to hang in your garden or deck! In this very busy world it is nice to take some time out for reflection. This will be a "mixed media" class, it will include: painting, print making, and writing. You will leave with a beautiful prayer flag and hopefully tranquility in your heart!

Instructor: Jennifer McLean

TUESDAY	RHCC
10:00am-12:00pm	Sept 18-25

Juicy Affirmation Cards

This class is about having fun, playing with color, and exploring many different mediums. You will leave with 8-10 affirmation cards that can be used to share, or create miniature journal cards. We will be using 300 lb. watercolor paper, if you haven't had the true joy of this paper, you are in for a pleasant surprise! All supplies will be provided, grab your adventurous spirit and let's have some fun. This class is fast moving and gratifying!

Instructor: Jennifer McLean

TUESDAY	RHCC
2:00pm-4:00pm	Oct 2-9

Follow Us On Facebook

 @mukilteorec

So You Want to Write a Memoir...

In this course, we'll get our toes wet with oral storytelling. We'll then move on to putting pen to paper through fun, creative exercises designed to both bring out your inner storyteller and hone your writing skills. We'll also touch briefly on video and photo-book options as an alternative (or supplement) to a written history.

Instructor: Linda Potter

WEDNESDAY	RHCC
1:00pm- 3:00pm	Oct 3-24, Nov 7

Andrew Jackson: The First Populist President

This series will detail the political, social and economic conditions that help to elect Jackson. It will also explore the major issues and legacy of his tumultuous presidency from 1828-1836 including his expulsion of the Cherokees from Georgia, the threat of South Carolina to secede from the Union over tariff policy, the war on the National Bank, and his attempt to limit government spending and erase the national debt.

Instructor: James Rigali

THURSDAY	RHCC
10:30am-12:30pm	Oct 11-Nov 1

Themes in Humanities 3

Explanation and discussion of more fascinating issues in the humanities—a humanities buffet! Topics include spirituality with and without religion, human rights theory and application, religion and human rights, philosophical types of religion, and philosophy of sports and fitness. Themes in the Humanities 1 and 2 are not prerequisites. These courses may be taken in any order.

Instructor: Dr. David Smith

MONDAY	RHCC
10:00am-12:00pm	Nov 5-Dec10

FREE! PARTY BRIDGE

Looking for fun? Come and join this friendly group to play Party Bridge. Brush up on your bridge skills with an opportunity to learn more as you play. This fascinating fun game keeps you constantly interested and challenged. Bring your own snack/lunch/beverage.

SENIORS

Call Mamta Shah at 425.789.1106 to arrange for play time.

2ND & 4TH MONDAY	RHCC
10:00am-2:00pm	Ongoing

SENIOR LUNCH AND GUEST SPEAKER

The Mukilteo Senior Association meets on the third Monday of each month and features lunch and a guest speaker. The City of Mukilteo's Recreation Division co-sponsors the event. **Pay senior association directly.**

Fee: \$10 Member, \$15 Non-Member

MONDAY	RHCC	FEE
11:30am-1:30pm	Sept 17, Oct 15, Nov 19, Dec 17, Jan 14, Feb 11	\$7/\$10

FREE! POPCORN AND A MOVIE

Come enjoy a great movie on our big screen TV. Check the monthly Senior Newsletter for movie titles.

START TIME	RHCC CHRISTENSEN
12:00pm	Sept 5, Oct 3, Nov 7, Dec 5, Jan 2, Feb 6, Mar 6

FREE! COFFEE SOCIAL

The second Thursday of every month the Mukilteo Senior Association will be offering a free "Come for Coffee" in the Rosehill Room from 1:30 pm-3:00pm. The group will be providing free of charge, coffee and tea. Meet new seniors in a casual and welcoming environment.

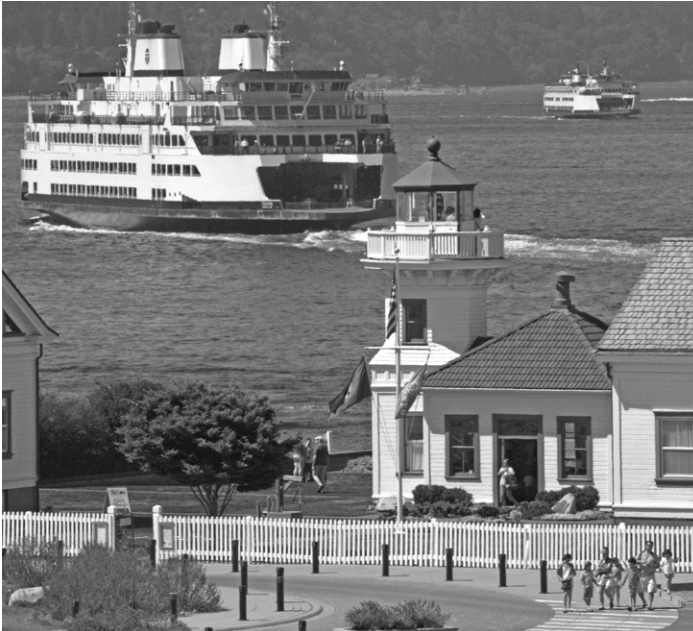
THURSDAY	RHCC ROSEHILL ROOM
1:00pm- 3:00pm	Ongoing

FREE! MAH JONGG

This is a Chinese tile game played similar to the card game "Rummy" but with Chinese tiles. The goal of the game is to go out with a complete mah-jongg hand before anyone else. Come and join us, beginners are welcome.

TUESDAY/FRIDAY	RHCC
12:00pm- 4:00pm	Ongoing

MUKILTEO PARKS



MUKILTEO HISTORIC LIGHT STATION

Operated by the Mukilteo Historical Society, tours of the lighthouse, inside exhibits and shopping in the gift shop are available from Noon until 5pm at the Mukilteo Light Station on Saturdays, Sundays, and most holidays from April-September.

For more information about the Mukilteo Light Station, visit <http://mukilteohistorical.org>.

MUKILTEO COMMUNITY GARDEN

If you want to give back to the community, like to garden, or want to learn, come join us in growing and harvesting our food bank beds, general garden care, conversation, and (sometimes wet) fun. Our website www.mukilteogarden.org has our calendar of events, including potlucks and gatherings open to the public. Garden access is the corner of 44th Avenue W and 76th St. SW in Mukilteo. Come join us.

TAILS AND TRAILS MUKILTEO DOG PARK

The Mukilteo Tails and Trails Dog Park is located at 1301 Mukilteo Boulevard (off of 5th Street on the south side in Japanese Gulch). The park features an on-site parking lot and two fenced off-leash dog play areas, one is dedicated for shy dogs.

92nd Street Park

4800 92nd Street SW

Play equipment, restrooms, grass area, picnic tables, parking

Centennial Park

1126 5th Street

Picnic table, park bench

Elliott Pointe Park

945 Goat Trail Loop Road

Grass area, picnic tables, basketball half-court, street parking only

Fowler Pear Tree Park

802 Mukilteo Lane

Park bench, picnic table

Harbour Pointe Village Park

12215 Possession Way

Grass area, park bench

Japanese Gulch/Big Gulch

South side of Mukilteo Lane just east of the old Mt. Baker railroad crossing. The Big Gulch Trail is located at 92nd Street Park and runs to the Mukilteo Library. Big Gulch Trail can be accessed from either end.

Lighthouse Park

609 Front Street

Lighthouse Station, picnic tables, picnic shelters, play equipment, grass area, parking, sand volleyball court, fire pits, boat launch, beach (no lifeguards)

Mukilteo Community Beach

796 Front Street

Parking, beach access

Mukilteo Tails and Trails Dog Park

1301 Mukilteo Boulevard (off of 5th Street on the south side in Japanese Gulch)

On-site parking lot and two fenced off-leash dog play areas, one dedicated for shy dogs. Park hours are from dawn until dusk, every day. Park rules posted on the premises. Scoop laws remain in effect for this park.

Pioneer Cemetery

513 Webster Street

Great views & park benches

Rosehill Community Center Park

304 Lincoln Ave

Grass area, parking, restroom in Rosehill Bldg.

Totem Park

700 2nd Street

Park bench, totem pole

Picnic Shelter

Two picnic shelters, one medium and one large sized, are available to rent in Lighthouse Park one year in advance. Call 425.263.8180 to reserve

STEWARDSHIP PROGRAM TRAINING WORKSHOPS

Becoming a Park Steward is a great way to enjoy the out-of-doors, get exercise and make new friends while working in the parks!



To become a Park Steward we ask you to attend four lectures and hands-on field workshops, see below for information on each of the trainings. Once trained, stewards commit to at least 25 hours within a year of the program.

Stewards are park transformers and sustainers, committed to making our parks the best they can be, for all, forever! For More information on the Stewardship Program please call or email Mariska Kecskes at 206-793-2676 or mariska@earthcorps.org.

STEWARD PROGRAM TRAINING WORKSHOPS

SATURDAY, OCTOBER 6

9:00am-12:00pm

Japanese Gulch South Trailhead

SATURDAY, NOVEMBER 3

9:00am-12:00pm

Japanese Gulch South Trailhead

SATURDAY, DECEMBER 1

FALL PLANTING/VOLUNTEER APPRECIATION EVENT

10:00am-2:00pm

Japanese Gulch South Trailhead

Age: 18 years and up

Instructor: EarthCorps & City Staff

Register: www.earthcorps.org

VOLUNTEER HIGHLIGHT



Sara Noland

I have a degree in zoology from UW and worked in environmental consulting for about 20 years. In my job I spent a lot of time evaluating wetlands, wildlife,

and forests in western Washington. A few years ago I decided to leave consulting so I could spend more time on my passion in life: sharing my knowledge of nature with kids and adults through volunteer events and teaching. I've been a volunteer park steward for the City of Mukilteo at Japanese Gulch since the program started a few years ago.

RENT ROSEHILL

The Rosehill Community Center is the place for your next gathering. Weddings, receptions, business meetings, birthday parties and more! Rosehill has the room to accommodate your rental needs. Call 425.263.8180 to inquire about rentals.



WANT TO TEACH AT ROSEHILL?

Share your passion by becoming an instructor at the Rosehill Community Center. Currently seeking instructors in the following areas...

- Children's Dance/Ballet
- Children's Gymnastics
- Drama (Children/Adult)
- Art (Children/Adult)
- Low Impact Exercise Classes
- Hiking
- Mommy/Daddy and Me Classes
- Karate
- Want to teach something that is not listed, please inquire.

Interested in teaching? Call 425-263-8186 or email us at recreation@mukilteowa.gov.



@mukilteorec

ROSEHILL COMMUNITY CENTER

Phone: 425.263.8180

E-mail: recreation@mukilteowa.gov

Web site: www.mukilteowa.gov

Online Registration: www.mukilteorec.com



CITY OF

MUKILTEO

*Recreation and Cultural
Services Department*