

# LAKEWOOD

CONNECTIONS MAGAZINE • SPRING / SUMMER 2016



## CELEBRATING OUR DYNAMIC FUTURE

### PARKS & RECREATION GUIDE

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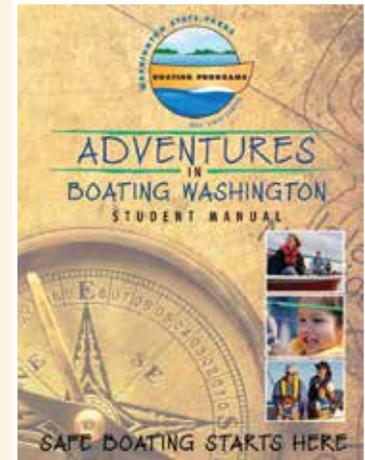
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9:00 a.m. - 5:00 p.m.

**Saturday, June 11**  
9:00 a.m. - 5:00 p.m.

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under Parks and Recreation.

Registration Contact:  
Dennis Higashiyama  
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Class Contact:  
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|                                       |                              |
|---------------------------------------|------------------------------|
| 4 ■ Letter from Editor                | <b>COMMUNITY DEVELOPMENT</b> |
| <b>CITY NEWS</b>                      | 12 ■ Motor Ave. Improvements |
| 5 ■ Lakewood at 20                    | <b>SCHOOL</b>                |
| 6 ■ 20th Anniversary                  | 13 ■ Start & Dismissal Times |
| 8 ■ Employee Spotlight                | <b>ECONOMIC DEVELOPMENT</b>  |
| <b>POLICE NEWS</b>                    | 13 ■ Economic Surge          |
| 9 ■ Behavioral Health<br>Contact Team | 14 ■ Tijuana Taco            |
| <b>PUBLIC WORKS</b>                   | <b>MILITARY</b>              |
| 10 ■ Transportation Projects          | 15 ■ Supporting the Military |
| 11 ■ Habitat for Humanity             |                              |

**PARKS & RECREATION GUIDE**

SUMMERFEST SCHEDULE ■ Page 17



Recreation Guide

|                                   |    |
|-----------------------------------|----|
| SummerFEST . . . . .              | 16 |
| Full Schedule . . . . .           | 17 |
| Mainstage Schedule . . . . .      | 18 |
| Yoga in the Park . . . . .        | 19 |
| Lego Contest . . . . .            | 19 |
| Car Show . . . . .                | 19 |
| Race Information . . . . .        | 20 |
| Lifeguards on Duty . . . . .      | 20 |
| Youth Track & Field . . . . .     | 21 |
| Take a Hike . . . . .             | 21 |
| Summer Camps . . . . .            | 22 |
| Youth Sports Signup . . . . .     | 23 |
| Farmers Market . . . . .          | 24 |
| Community Garden . . . . .        | 26 |
| Monopoly Scavenger Hunt . . . . . | 26 |
| Senior Activity Classes . . . . . | 27 |

## LETTER FROM THE EDITOR

### This year, we're celebrating a special moment in the story of the City of Lakewood.



As I've touted and as we, the City, will continue to trumpet throughout 2016, Lakewood has plenty to be proud of over its first two decades (see the article in the City Council's section).

But if this were a movie, this would be the part where our unlikely hero emerges as the flick's superhero savior.

In other words, the City of Lakewood looks to deliver big from here on out.

You can already see where Lakewood is headed. Our community is safer, thanks to the diligent work of our Police Department. For instance, the overall crime in Lakewood has plummeted by nearly 50 percent since the City's incorporation in 1996.

The City's Economic Development future is bright, as Lakewood continues to help and support its existing businesses while attracting new ones. The Lakewood Industrial Park – Pierce County's fourth-largest, for-profit employer – is at capacity and buzzes around the clock with activity.

Lakewood has improved and added streets, sidewalks and other infrastructure. We have a trove of amazing parks anchored by Fort Steilacoom Park – one of the jewels of the South Sound.

Even this magazine represents a leap forward in the way the City is connecting with its residents, not to mention our MyLakewood311 mobile app, newly designed website and award-winning social media efforts.

The list of indications that Lakewood is going to do big things continues to grow. Although we're celebrating all of the things we were able to accomplish in 20 years, the exciting part is what the City of Lakewood is going to accomplish over the next 20, 50, even 100 years.

That sentiment is reflected in the theme of the City's 20th Anniversary Summer Event on June 4 at the Lakewood Towne Center: "Celebrating Our Dynamic Future." Lakewood wanted to highlight what is perhaps the biggest asset of our community: our youth. There will be activities and fun that will involve the City's Youth Council, the Clover Park School District and more. We hope to see you and the entire family there.

This is a time to celebrate. Our future is brighter than a summer day in the Pacific Northwest. We hope you are as excited as we are. As a community, we are going to fulfill our vision together.

So grab your popcorn and candy, Lakewood, because this is the part of the movie where it gets really, really good.

Sincerely,

Brent Champaco  
COMMUNICATIONS MANAGER  
& EXECUTIVE EDITOR

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# Lakewood at 20: DELIVERING ON PROMISES.



The Lakewood City Council, from left to right: Councilmember Mike Brandstetter, Councilmember John Simpson, Councilmember Mary Moss, Mayor Don Anderson, Councilmember Marie Barth, Councilmember Paul Bocchi, and Deputy Mayor Jason Whalen.

On Feb. 25, 2016, The News Tribune published an opinion piece on the City of Lakewood's progress since incorporation in 1996 titled, "Lakewood at 20: Delivering on promises." (Link: <http://www.thenewstribune.com/opinion/editorials/article62557257.html>)

The headline alone is enough to prompt cheers from the countless individuals who have worked, volunteered and become engaged with the community that they love. The newspaper acknowledged how, despite many challenges, the City delivered on the community's dream of a healthy and safe place to live, work and enjoy. The list included significant infrastructure improvements, a crime rate cut nearly in half, a strong outreach to youth, a celebration of our diversity and our unique partnership with Joint Base Lewis-McChord and the military community. (All of those things and more, by the way, are outlined in the Lakewood City Council Vision Statement that you read about it in the previous Connections issue).

The opinion piece was an acknowledgement from the local paper of record that Lakewood has made huge strides over the last 20 years.

"There's no question that incorporation has been a success," the TNT concluded. "Even some former opponents have told (Mayor Don) Anderson that they now regret voting against it."

While a "job well done" from the newspaper feels great, the accolades that everyone at the City has received from residents throughout this year feels even better. The improvements since incorporation, you've told us, have made your lives better, whether it's improved parks, a safer neighborhood or new sidewalks.

When the City held its formal anniversary celebration on Feb. 23, 2016, some 300 people from Lakewood's past and present took part in the celebration. Those included faces such as Mayor Emeritus Bill Harrison, former Mayor Claudia Thomas and Mayor Doug Richardson, former City Councilmembers, employees, volunteers and others who helped make Lakewood such a great place.

Now, we turn to the future.

On June 4, 2016 at Lakewood Towne Center, the City of Lakewood will hold a festive 20th Anniversary summer celebration with the theme, "Celebrating Our Dynamic Future" (see cover story). The party is expected to involve lots of participation from the future of Lakewood: its youth. Please come by and join this milestone celebration.

While we have plenty to celebrate since incorporation, the more exciting part involves what lies ahead. Propelled by the Vision Statement and the energy and innovation of our youth, Lakewood looks to be one of the premier cities in the region. Sure, we still have lots to accomplish, but our first 20 years helped establish the foundation of a local government that responds well and works on behalf of its residents.

So let's keep the party going throughout 2016. Come to our June 4 party and celebrate with your neighbors. Reminisce and acknowledge how far the City has come.

Just keep this in mind: When it comes to delivering on promises in Lakewood, the best is yet to come. ■

CELEBRATING OUR  
DYNAMIC FUTURE



THE PUBLIC IS INVITED TO THE CITY'S  
FREE SUMMER PARTY

SATURDAY, JUNE 4  
1 PM - 6PM

**Lakewood City Hall**  
6000 Main St. SW, Lakewood, WA 98499

*Lakewood's First Mobile Food Fest*  
*Fun Activities for the Entire Family*  
*Entertainment Headlined by:*

**THE AFRODISIACS**

*and much, much more!*

# Oh, you thought our party was over? NOT EVEN CLOSE.

On June 4, 2016, from 1 p.m. to 6 p.m.,  
the City of Lakewood will celebrate 20 successful years of incorporation with its first summer birthday bash.

The theme of the day: **“Celebrating Our Dynamic Future.”**

This will be the entire community’s chance to celebrate everything that Lakewood has accomplished since 1996,  
as well as all of the great things that are ahead of us.

Everyone is invited to this free outdoor event , which will offer something for everyone:

The first Lakewood  
Mobile Food Fest  
including:

- Arnold’s Happy Days
- Budha Bear Bagels & Cafe
- Burrito Boy
- Frying Dutchman
- Hometown Dogs
- Lumpia World
- Mikey’s Wiener Trap
- Smokin’ Zee’s BBQ
- More food options

Entertainment  
headlined by:

- The Afrodisiacs
- Performances from talented local artists



Numerous activities:

- Instagram scavenger hunt
- Arts and crafts
- Hear entries from our local school competition winners about their future vision for Lakewood
- Balloon artist
- Airbrush tattoo artist
- Photo booth
- Memorabilia
- Trivia
- Much, much more!

The City of Lakewood would like to thank the sponsors of the summer celebration:

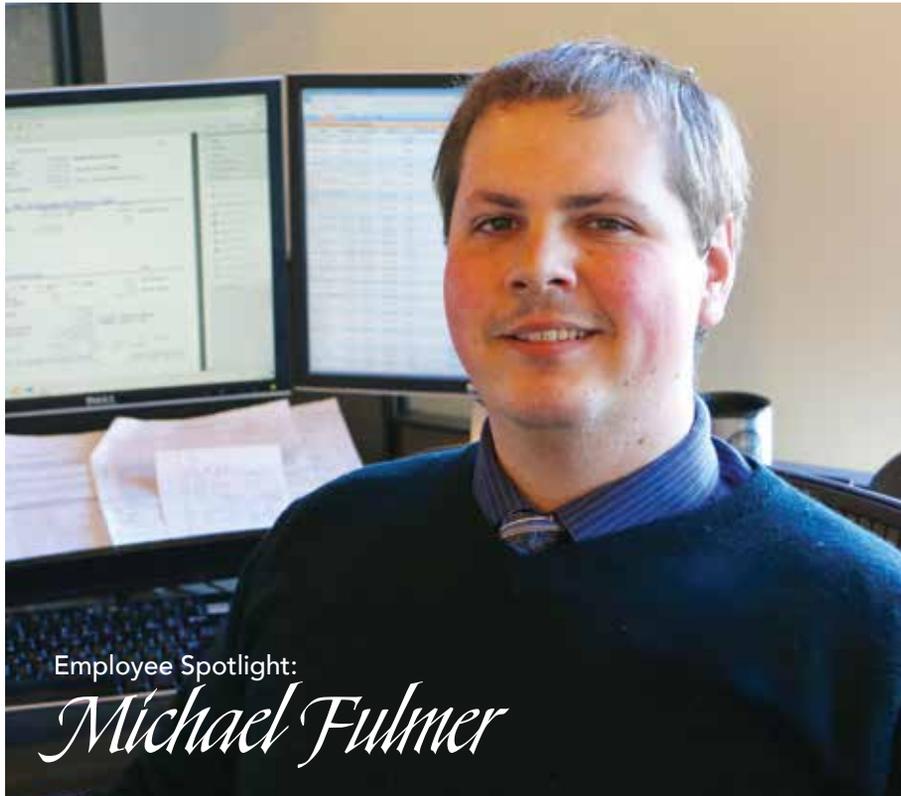
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Employee Spotlight:

*Michael Fulmer*

### ■ A LITTLE BIT ABOUT MYSELF:

I'm a paralegal with the City of Lakewood and have been working here as an employee since August 2014. Before this, I was an intern with the City's Legal Department and was lucky enough to be brought on board as soon as a position had opened up. Most people here, for better or worse, know me as the PDR (public disclosure request) guy, though I also help out with civil and criminal work when needed. Although PDR's aren't exactly exciting, I do enjoy the fact that I get to see all sides of the City and what goes on as a whole. I'm also really appreciative of the experience and wide range of topics that working for a municipal legal department provides.

### ■ A LITTLE MORE ABOUT MYSELF:

I graduated from Washington State University in 2012 with a degree in German, a degree in Philosophy Pre-Law, and a minor in French. As my supervisor Matt likes to tease, this is my first "real" job. Before working for the City of Lakewood, I worked for Walgreens while I got a paralegal cert from Tacoma Community College.

### ■ EVEN MORE ABOUT ME:

Weather permitting (which isn't always something you can rely on in Washington), I enjoy camping and motorcycling. I also enjoy fishing and shell-fishing on the Long Beach Peninsula and would like to start deer hunting. I've also been sticking to a solid exercise routine for the past few months which has really helped me lose quite a bit of weight and start getting into better shape.

## 2015 Year-End Report

In April, Lakewood Chief of Police Mike Zaro presented his 2015 Year-End Report to the Lakewood City Council.

Zaro said the department enjoyed another successful year, continuing Lakewood's trend of being a safe community thanks to its Police Department. Here are some numbers from the report:

- The Department received 57,000 call for service in 2015, and 2,700 of those calls resulted in arrests. Of those total calls, officers used force 89 times
- There were 42 officer pursuits
- There were 28 officer-involved collisions
- The Department received 66 letters of praise from residents about officers or the Department
- The Lakewood Officers' Charity again helped the community via efforts such as Moody Meals and Shop With An Officer
- The Behavioral Health Contact Team was a smashing success, connecting 200 individuals with the mental health resources they need
- There were 15 total allegations of policy violations, but only 12 actual investigations. Those allegations ranged from personal conduct to use of badges and insubordination. Also of note is that there were no allegations of bias based policing and one complaint of excessive force (both of which require a "Professional Standards" investigation). The officers involved in the excessive force allegations were exonerated.

The rate for overall, violent and property crimes remained about the same compared to 2014.

*To view the full report, visit the [cityoflakewood.us](http://cityoflakewood.us)*

# City of Lakewood's Behavioral Health Contact Team

Did you know that the City of Lakewood's Behavioral Health Contact Team (BHCT) - which gives the Lakewood Police Department a different resource when responding to individuals suffering from mental illness - provided service to 200 individuals in 2015?

That means that instead of having to place these individuals in jail or the hospital, they were connected with programs and resources that could help. It truly is an exceptional effort between the City and Greater Lakes Mental Healthcare.

In 2015, the Lakewood Police Department implemented this innovative partnership in response to the growing population of people suffering from mental illness in the community – a population that draws on police resources either for crisis response or through self-generated calls for service. Often, a police response was not necessarily warranted but was the only option available to individuals. This unique partnership provides a different resource as a first response for people suffering from mental illness and reduces the draw on police resources. Ultimately, the BHCT is intended to help provide those individuals with the help they truly need.

The BHCT provides a different resource for officers who encounter individuals suffering from mental illness. Upon contact with an individual, an officer may request assistance from the BHCT. The current BHCT Team – Carolyn Cyr with Greater Lakes Mental Health and Lakewood Police Officer Ralph Rocco – contacts the individual and helps connect that person with services and resources in the greater mental health community. Without this program, those individuals might not have gotten the help he or she needed and would have likely required another patrol response, which draws down on emergency response resources and does

not always provide the best outcome for the individual. After all, patrol options are typically limited to either the hospital or jail, whereas the BHCT connects individuals with a much broader range of resources. By using an expert in the mental health profession, the BHCT provides a more effective approach to an issue that communities across the country are facing.

The BHCT of Cyr and Rocco produced “an outstanding” first year, according to Lakewood Police Chief Mike Zaro. They provided service to more than 200 individuals suffering from mental illness, which likely saved taxpayers thousands of dollars in jail and/or hospital costs to treat these individuals. ■

## PROGRAM FUNDING

Another notable aspect of the City of Lakewood's BHCT is the manner in which the program is funded. The City pieced together funding from five different sources to cover the combined salaries of the officer and mental health professional:

- Two separate federal grants
- Nisqually Indian Tribe grant
- City of Lakewood Human Services Grant
- General Fund



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## City of Lakewood Transportation Project Status

Throughout Lakewood, improvements to the City's roads and sidewalks are complete, underway or slated for next year. Below is a list of those projects, along with their costs.

To learn more about these projects, please visit [cityoflakewood.us](http://cityoflakewood.us).



Custer/John Dower Intersection sidewalk and road improvements  
**Cost: \$681,000 in 2014**

Signal Upgrade - Intelligence Transportation Systems - Phase 4  
**Cost: \$757,000 in 2015**

Signal Upgrade - Intelligence Transportation Systems - Phase 5  
**Cost: \$520,000 in 2015**

Bridgeport Way - 83rd to 75th road reconstruction  
**Cost: \$4,160,000 in 2015**

Madigan Access Improvements - Phase 1 road improvements  
**Cost: \$917,000 in 2014**

City-wide Safety Improvements  
**Cost: \$971,000 in 2014**

Bridgeport Way Overlay - Pac Hwy to 112th  
**Cost: \$410,000 in 2015**

Steilacoom Blvd. Overlay - Lakewood Dr. to 300 feet west of S. Tacoma Way  
**Cost: \$805,000 in 2015**

Main St. Overlay - Gravelly Lake Dr. to 108th  
**Cost: \$246,000 in 2015**

59th Ave. Overlay - 100th to Bridgeport Way  
**Cost: \$293,000 in 2015**

**Total Investment: \$9.8 million**

Chip Seal program  
**Cost: \$745,000 in 2016/2017**

Madigan Access Improvements - Phase 2 bridge and road improvements  
**Cost: \$6,100,000 in 2016**

Bridgeport Way - JBLM to I-5 road reconstruction  
**Cost: \$3,760,000 in 2016**

LED Street Light retrofit (City-wide)  
**Cost: \$2,372,000 in 2016**

South Tacoma Way - SR 512 to 96th St. road reconstruction  
**Cost: \$4,265,000 in 2016/2017**

108th St. pavement overlay - Main to Bridgeport  
**Cost: \$730,000 in 2016**

Lakewood Dr. pavement overlay - 100th to Steilacoom  
**Cost: \$997,000 in 2016**

Gravelly Lake Dr. sidewalk and traffic signal upgrade - 100th to Bridgeport  
**Cost: \$2,230,000 in 2016/2017**

Steilacoom Blvd. corridor safety improvements  
**Cost: \$2,686,000 in 2016/2017**

South Tacoma Way road improvements - Steilacoom to 88th  
**Cost: \$1,800,000 in 2016**

Washington Blvd - Gravelly Lake Drive street improvements  
**Cost: \$77,000**

**Total Investment: \$25.8 million**

Military Rd/ 112th Safety Improvements  
**Cost: \$805,000 in 2017**

Roadway safety 96th st. & 40th.  
**Cost: \$842,000 in 2017**

Lakewood Dr. to Flett Cr. to north City Limits pavement overlay  
**Cost: \$1,210,000 in 2017**

Gravelly Lake Dr. Non-Motorized Trail - 112th to Washington  
**Cost: \$3,140,000 in 2016/2017**

Steilacoom Blvd. sidewalk and bike lanes - Phillips to Weller  
**Cost: \$650,000 in 2018**

Phillips Rd. sidewalk and bike lanes - Hudtloff to Steilacoom  
**Cost: \$700,000 in 2016/2017**

John Dower Rd. sidewalk and bike lanes - Custer to Steilacoom  
**Cost: \$750,000 in 2016/2017**

**Total Investment: \$8.1 million**

# Habitat *for* Humanity



Humanity. In 2009, the City announced that it would use its share of federal Neighborhood Stabilization Program funding to partner with Tacoma-Pierce County Habitat for Humanity to provide affordable homeownership opportunities in Tillicum. More than half the population of Tillicum lives in poverty and a mere 22 percent of Tillicum homes are owner-occupied. Habitat for Humanity began building in Tillicum in 2011. To date, Habitat for Humanity has built 20 new homes (all but one of which was new construction) and another 14 homes are either under construction or are being planned. ■

**O**n March 23, 2016, several representatives with the City of Lakewood met with Larry Gluth, Habitat for Humanity International Vice President for United States and Canada in the Tillicum neighborhood, site of a future redevelopment project.

Attendees included Mayor Don Anderson, City Manager John Caulfield, members of the City's Community Development Department and employees from Tacoma-Pierce County Habitat for Humanity. They discussed community development efforts in the Tillicum neighborhood, Habitat for Humanity's efforts both in Lakewood and throughout the country, community focused redevelopment efforts and the organization's national initiatives.

Gluth's visit provided an opportunity to engage in a great discussion about the positive changes that Lakewood has seen and will continue to see in the Tillicum neighborhood, including increased stability with the Tillicum Elementary School population, veteran and disabled housing and financing mechanisms Habitat is considering moving forward.

Improving the Tillicum neighborhood is nothing new to Habitat for

*Larry Gluth, Habitat for Humanity International Vice President for United States and Canada, in Tillicum last month. Also pictured: Mayor Don Anderson, City Manager John Caulfield, Community Development Director Dave Bugher, Program Manager Jeff Gumm, as well as Jason Gauthier, Maureen Fife, Gomer Roseman and Dan Fannin with Tacoma/Pierce County Habitat for Humanity.*



**Bernie Garcia, Moctezuma's**  
World traveler  
Photographer  
Fiery foodie

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**Urban design is a priority in the City of Lakewood. Improving Motor Avenue Southwest is one means of addressing that priority.**

The City has embarked on a project to develop a new street corridor plan for Motor Avenue between Whitman Avenue Southwest, and the intersection of Gravelly Lake Drive Southwest and Bridgeport Way Southwest. The project includes the development of a “complete street” plan with urban design concepts that will create a vibrant and welcoming public space within the City’s central business district that will be perfect for farmer’s markets and community events.



The City has conducted four public meetings to collect resident feedback and has retained the services of Studio KPG as the lead firm on the project. The findings from the public are scheduled to be presented to the Lakewood City Council in the coming months. ■



## Start and dismissal times change for many CPSD schools next school year

**Effective Wednesday, Aug. 31, 2016**, the start and dismissal times for many schools in Clover Park School District (CPSD) will change. These changes are necessary to improve efficiency of school bus routes and manage a statewide bus driver shortage. The new start and dismissal times for schools will improve bus service to students, including the "on-time" rate, and optimize bus driver staffing levels.

*"In light of the nationwide bus driver shortage, our transportation staff has done a remarkable job transporting students and keeping them safe," said CPSD superintendent Debbie LeBeau. "We now must adjust start and dismissal times to maintain our high level of service."*

### START AND DISMISSAL TIMES FOR THE 2016-17 SCHOOL YEAR

#### 7:25 AM - 2:10 PM

Clover Park High School  
Lakes High School School

#### 7:45 AM - 2:15 PM

Carter Lake Elementary School  
Evergreen Elementary School  
Four Heroes Elementary School  
Idlewild Elementary School  
Lakeview Hope Academy School  
Rainier Elementary School  
Tillicum Elementary School  
Tyee Park Elementary School

#### 8:30 AM - 3:00 PM

Beachwood Elementary School  
Custer Elementary School  
Dower Elementary School  
Hillside Elementary School  
Lake Louise Elementary School  
Meriwether Elementary School  
Oakbrook Elementary School  
Park Lodge Elementary School

#### 8:45 AM - 3:15 PM

Firwood/Oak Grove  
Harrison Preparatory  
Hudtloff Middle School  
Lochburn Middle School  
Mann Middle School  
Woodbrook Middle School

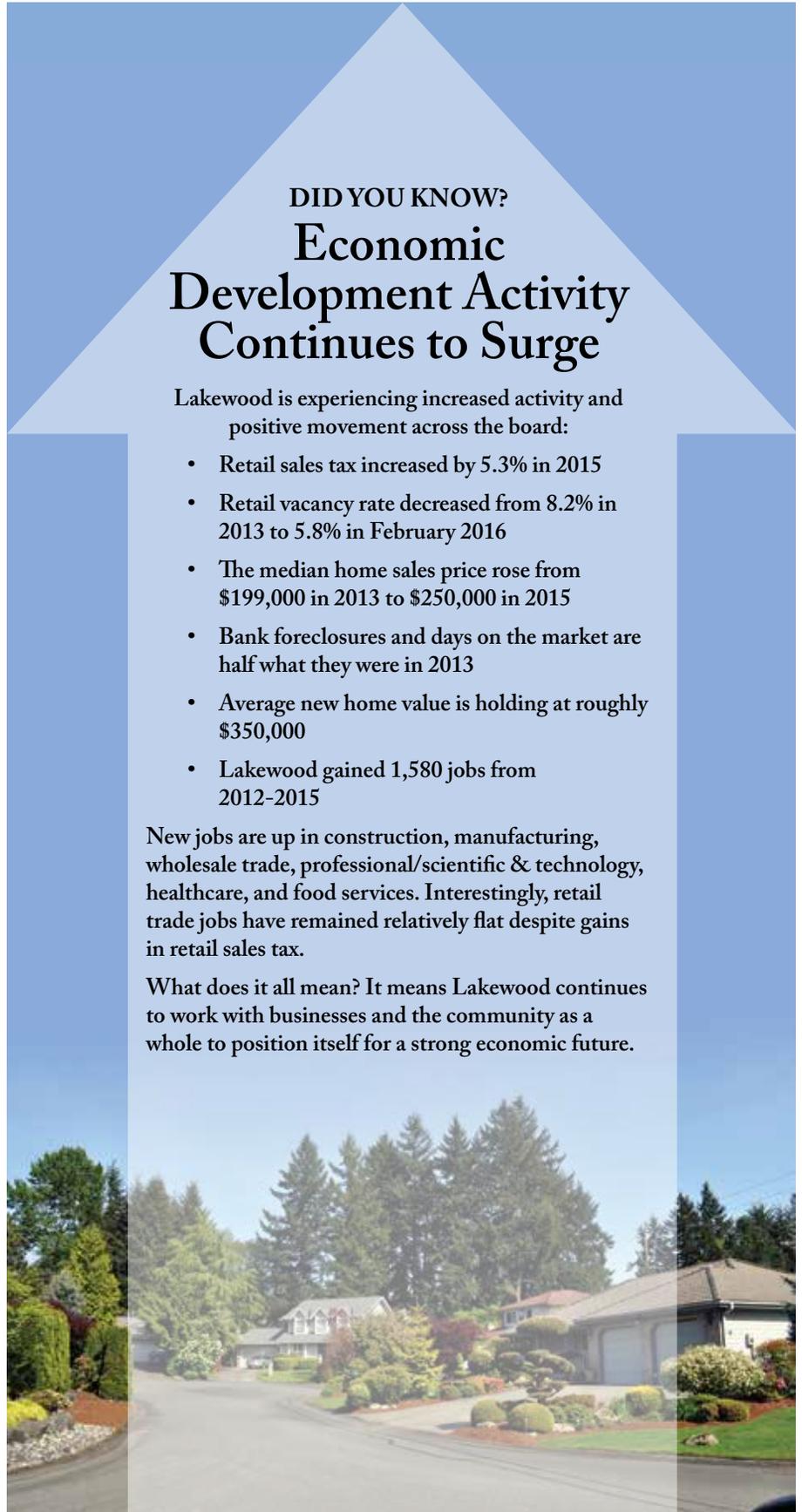
## DID YOU KNOW? Economic Development Activity Continues to Surge

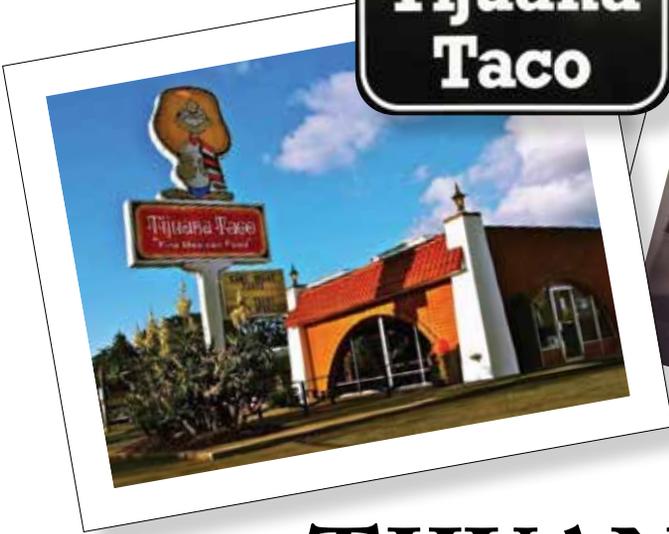
Lakewood is experiencing increased activity and positive movement across the board:

- Retail sales tax increased by 5.3% in 2015
- Retail vacancy rate decreased from 8.2% in 2013 to 5.8% in February 2016
- The median home sales price rose from \$199,000 in 2013 to \$250,000 in 2015
- Bank foreclosures and days on the market are half what they were in 2013
- Average new home value is holding at roughly \$350,000
- Lakewood gained 1,580 jobs from 2012-2015

New jobs are up in construction, manufacturing, wholesale trade, professional/scientific & technology, healthcare, and food services. Interestingly, retail trade jobs have remained relatively flat despite gains in retail sales tax.

What does it all mean? It means Lakewood continues to work with businesses and the community as a whole to position itself for a strong economic future.





# TIJUANA TACO

is as much Lakewood as lakes, oak trees  
and the military.

Sure, to someone new to the area, the connection might not make sense. The South Sound is located some 1,200 miles from Tijuana, Mexico.

But talk to any longtime Lakewood resident, and he or she likely can recount fond memories of the family owned-and-operated restaurant that opened its doors in 1969.

The Tijuana Taco brand originally began in Scottsdale, Ariz. The Lakewood restaurant – located at 10005 Bristol Ave. SW – was an immediate hit with locals, who could order and munch on anything from tacos to bean tostadas to burritos.

As was the case then as it is now, the biggest draw for customers was the quality of food and customer service. But even more so than the food is the experience. Employees know many customers on a first-name basis. For many years, a line of uniformed and non-uniformed service men and women would stretch out the door on military paydays.

At the time, a then-26-year-old Rocky Van Scyoc was hired as general manager for the Lakewood location, a place that would become a second home for him and his family the next 45 years.

Even as the restaurant changed owners and plans for the franchise's expansion were scrapped, Tijuana Taco and Van Scyoc remained integral to the Lakewood dining scene.

In 1975, he and a business partner purchased the store from the parent company, which was being liquidated. Dennis Kleweno, the business partner, had initially considered other options for the Lakewood location, but he reconsidered once he realized its popularity and reputation for quality. Van Scyoc bought out his partner in 1983, taking over the location that he had managed for nearly 15 years.

Despite the changes (including attempts to open Tijuana Taco locations in the former Lakewood Mall and Lacey), it has stuck to its foundation of quality food and service. It didn't try to over-expand or cut corners, even if the competition relied on those techniques.

Rocky Van Scyoc retired in November 2015, after more than 45 years of serving customers.

Today, the Tijuana Taco in Lakewood is managed by Robert Gomez and wife Kelli (who is Rocky Van Scyoc's daughter). "It's a family practice," Robert Gomez says.

For its decades of doing business in our community, the City of Lakewood recognizes Tijuana Taco as its Business Showcase. ■

**IT'S OFFICIAL:** The South Sound is one of the best regions in the country when it comes to supporting its military.

On Feb. 29, 2016 the Association of Defense Communities (ADC) and the Defense Communities Caucus designated 10 communities across the nation as "Great American Defense Communities" for providing unwavering support to service members and military families.

Thanks to the collaborative leadership from the South Sound Military & Communities Partnership, ADC recognized the South Puget Sound region - the only winner that represented a region rather than a single city.

This is the first year of the Great American Defense Communities program, which acknowledges the unique contributions that cities, counties and regions that host installations make to improve quality of life for service members, veterans and their families. This inaugural class of communities was selected by a panel of defense community advocates and experts from dozens of nominees based on the broad range of efforts they carry out on behalf of military personnel and their families, covering areas such as education, job opportunities, housing, family support during deployments and community appreciation.

"All 10 of our inaugural class of honorees truly embodied the ideals this initiative was designed to celebrate – making host communities for our nation's military installations 'Great Places to Call Home,'" said ADC CEO Tim Ford.

"The Great American Defense Communities program will help ADC and the Defense Communities Caucus share positive stories about the exemplary efforts being made in communities to support defense installations and their personnel," Ford said.

The inaugural class of honorees:

- South Puget Sound, WA
- Colorado Springs, CO
- Dayton, OH
- Ft. Leonard Wood, MO
- Goldsboro, NC
- Grand Forks, ND
- Lawton, OK
- Manhattan, KA.
- Monterey, CA
- Okaloosa Cty, FA

Lakewood Mayor Don Anderson highlighted how SSMCP provides a regional forum to address military civilian land-use compatibility issues that may negatively affect JBLM's mission. "SSMCP has partnered with JBLM to conduct several needs surveys to ensure local communities and businesses understand service members concerns," Anderson added. ■



**Did You Know?**

**IF SELLING:**

- I can help you find ways to sell your home quickly.
- I can help you with suggestions on updating to maximize you money.

**IF BUYING:**

- I can help you find a home that meets your needs, wants and budget.

**THINKING OF BUYING OR SELLING?**

Residential  
Condominiums  
Land  
Investment Property

**CALL TODAY!**

Marie Barth  
253-777-8889





JOIN US FOR THE  
**20TH ANNUAL SUMMERFEST**

July 9, 2016 ■ 11 a.m. - 11 p.m.

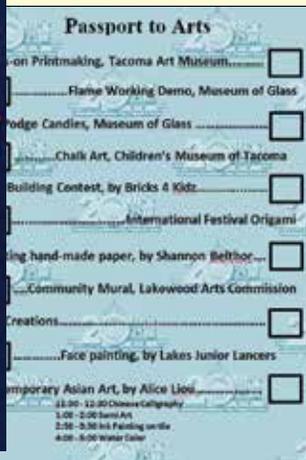
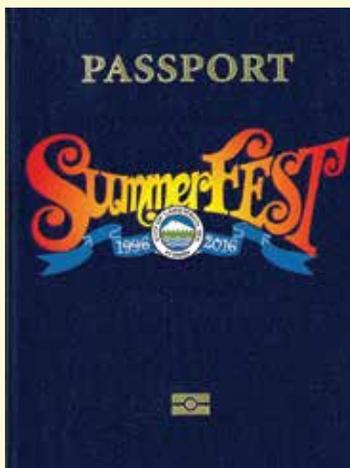
**Fort Steilacoom Park**

8714 87th Avenue SW, Lakewood, WA 98498



**INTRODUCING SUMMERFEST PASSPORT**

GET STICKERS AT EACH ACTIVITY AND WIN RAFFLE PRIZES!





## SCHEDULE OF EVENTS

9:00 a.m.

### SPRINT TRIATHLON

10:45 a.m.

### 10K RACE

11:00 a.m.

### 5K RACE

12:30 p.m.

### KIDS 1 MILE RUN

11:00 a.m. - 3:00 p.m.

### CAR SHOW

11:00 a.m. - 5:00 p.m.

### INTERNATIONAL FESTIVAL

11:00 a.m. - 5:00 p.m.

### PUBLIC VENDORS

11:00 a.m. - 8:00 p.m.

### FOOD TRUCKS

11:00 a.m. - 7:30 p.m.

### YOGA IN THE PARK

All day free classes!

11:00 a.m. - 8:00 p.m.

### TRAPEZE SHOW & CLASSES

*Presented by Emerald City Trapeze*

11:00 a.m.

### KIDS ZONE

Enjoy inflatables, climbing wall, bouncy houses, face painting, balloon creations, and more!

2:00 p.m.

### ORIENTEERING FOR FUN LEGO BUILDING CONTEST

9:30 p.m.

### MOVIE AT DUSK: "MINIONS"

*Presented by America's Credit Union*

7:30 p.m. - 9:30 p.m.

### BUBBLE MAN



### Lakewood Sister Cities International Festival Entertainment

Join us at the community stage for dance & music performances!

12:30 p.m. Guam

1:00 p.m. Russia

1:30 p.m. Native American

2:00 p.m. Taiwan

2:30 p.m. Korea

3:00 p.m. Mexico/Latin American

3:30 p.m. Philippines

4:00 p.m. Hawaii



# MAIN STAGE SCHEDULE



11:30 a.m. ■ **Opening Ceremony**

11:45 a.m.  
■ **OKK Taiko Drummers & Dragon Dance**

1:00 - 2:30 p.m. **Live music by Tacocat**

Enjoy the high energy beat of Tacocat, a surf poppunk quartet from Seattle.

3:00 p.m.  
■ **Indonesian Dance Performance**

4:00-5:30 p.m.  
■ **Live music by Eurodanceparty USA**

Seattle-based Eurodanceparty USA brings serious love, ridiculous beats, and high-energy dance party joy to popular songs from Albania, Bulgaria, and beyond.



6:00 - 7:30 p.m.  
■ **Live music by Geoffrey Castle**

Make it an evening in the park! Enjoy dinner and a concert in the park while listening to the crowd pleasing and charismatic Geoffrey Castle. All over the USA and Internationally, Geoffrey blows away audience's ideas of what is possible on a violin.

8:00- 9:15 p.m. **Live music by The Not-Its Band!**

A rockin' band from Seattle making music for children and their parents, the Not-Its! are on a mission to make kids dance, with up-tempo, power-pop hits families love. The Not-Its! may also be the nation's best-dressed kids' band, sporting pink ties and fluffy pink tutus that appeal to kids' discerning fashion sense. Come see this high-energy stage performance!





# FREE YOGA IN THE PARK!

Join **Tuladhara Yoga** and **Lakewood Holistic Yoga & Wellness** for all day Yoga in the Park! Bring a yoga mat, rent one from us, or practice with the grass between your toes! All levels of experience are welcome! Registration not required but recommended at [active.com](http://active.com).

- 11:00-12:15 Power Vinyasa Yoga, Level 1, *Tuladhara Yoga*
- 12:30-1:30 Fusion flow, *Lakewood Holistic Yoga & Wellness*
- 1:45-2:15 Kids Yoga, *Tuladhara Yoga*
- 2:30-3:30 Power Vinyasa Yoga, All Levels, *Tuladhara Yoga*
- 3:45-4:45 Vinyasa Flow, *Lakewood Holistic Yoga & Wellness*
- 4:45-5:30 Yin Yoga, *Tuladhara Yoga*
- 6:00-7:00 Acroyoga Jam with *Preston Webber*



**SummerFest BUILDING CONTEST USING LEGO® BRICKS** Presented by **BRICKS 4 KIDZ**

ALL AGES! 5 & under, 6-8, 9-11, 12-15, 16 & over, + fan favorite  
 FABULOUS PRIZES! LEGO Building Sets for all 1st & 2nd places + \$25 value gift for all entries!  
 MOVIE THEME! Build your favorite movie scene or character  
 AT SUMMERFEST! July 9th, 2pm, Fort Steilacoom Park, Lakewood. Stay for the free "Minions" movie at dusk.  
 Festivities for the whole family 11am-11pm. Hands-on activities, food, music, car show & more!

**SummerFest** Partners for Parks  
**Car Show**  
 Presented by **St. Clare Hospital**  
**Saturday July 9th 2016**

Check-in at 8 a.m.  
 Judging at 11 a.m.

Fort Steilacoom Park  
 8714 87th Ave SW,  
 Lakewood, WA 98488

Register at [cityoflakewood.wa.gov/parks-and-recreation/special-events/summerfest](http://cityoflakewood.wa.gov/parks-and-recreation/special-events/summerfest)

In Partnership With **children's museum of Tacoma**

REGISTRATION REQUIRED  
 SPACE IS LIMITED  
 FEE: \$10 253-777-3481  
 see site for details & rules  
[bricks4kidz.com/tacoma](http://bricks4kidz.com/tacoma)



# SummerFEST Race Registration Information

## NEW! SummerFEST Sprint Triathlon Training Program

The Lakewood Family YMCA is partnering with the City of Lakewood to offer a 3 month Triathlon training program. The program includes a 10-week training plan, group training, triathlon clinics and workshops, and a t-shirt. Cost \$60. Start anytime!

Contact David Ramirez, [dramirez@ymcapkc.org](mailto:dramirez@ymcapkc.org).

## SummerFEST Triple Threat Series:

Compete in all three local triathlons this summer: Black Hills, Lakewood SummerFEST Triathlon and JBLM's Deuces Wild. You will receive a special Triple Threat medal, t-shirt, and access to amazing individual and team prizes. Sign up today on [active.com](http://active.com).

## SummerFEST 5k, 10k race, and 1 mile children's run

The City of Lakewood is thrilled to be partnering with Evergreen Trail Runs to put on high quality races. Register today at [www.evergreentrailruns.com/jul-09-lakewood-summerfest](http://www.evergreentrailruns.com/jul-09-lakewood-summerfest)

## SummerFest Orienteering Training and Race

Bring the whole family and navigate the trails at Fort Steilacoom Park using a map and compass! All ages and degrees of fitness welcome. Beginners receive training prior to the race!



Lakewood SummerFEST  
**TRIATHLON**  
presented by St. Clare Hospital

**Saturday, July 9, 2016**  
American Lake • Ft. Steilacoom Park  
[www.lakewoodsummerfest.com](http://www.lakewoodsummerfest.com)

A fun and competitive sprint triathlon open to participants 15 years and older.

For registration information go online to [www.lakewoodsummerfesttriathlon.com](http://www.lakewoodsummerfesttriathlon.com) or call Tacoma South Sound Sports at (253) 327-1785.






LIFEGUARDS WILL BE ON DUTY AT HARRY TODD PARK AND AMERICAN LAKE PARK BEGINNING JULY 1 and will conclude the summer swim season on Labor Day, September 5. Lifeguards are on duty from noon until 7:30 p.m. daily, unless weather conditions dictate otherwise. All lifeguards have their lifeguard and water safety instructor certification. Lifeguards are there for your safety and require your cooperation for a safe swimming environment. Please remember that lifeguards are not a substitute for parental supervision.



## YOUTH TRACK & FIELD SUMMER 2016

### DESCRIPTION:

This fun, low-cost program offers your child a healthy activity. All that is needed is a good attitude! The goal is to improve your child's fitness level and help them track their success. Proper technique in running, jumping and throwing events will transfer to other sports. Parents can walk the track while we work with your children. Come out and join the fun!

### Contact:

Dennis Higashiyama,  
253.983.7835

### Training and Practice

**Schedule:** Session A:  
Wednesdays: July 6, 13, 20 &  
Aug 3

**Track Meets:** July 27 & Aug 10

**Time:** 6:00 – 7:30 p.m.

### Location:

Harry Lang Stadium,  
Clover Park High School

**Cost:** \$25 + tax = 27.33

**Ages:** Kindergarten – 6th  
Grade

## Take a Hike!

### CLIMB MOUNT ST. HELENS

Scale an active volcano and checkout the lava dome and new glaciers growing inside the crater! We begin the trip exploring Ape Cave, the third longest lava tube in North America that was formed about 2,000 years ago. Then we hike to high camp for a scenic lunch. If weather permits, the Perseid meteor showers will be visible from high camp. An early morning start and three mile trek will get us to the crater rim. Climbers should be in good physical shape and be able to carry a 45 pound pack at least two miles.



**Date:** Thursday, August 11, 9:00 a.m.  
Friday, August 12, 6:00 p.m.

**Location:** Depart/return to Lakewood City Hall,  
6000 Main St. SW, Lakewood, 98498

**Fee:** \$86.84 + tax \$8.16 = \$95.00

**Ages:** 18 & older

### TOLMIE PEAK FIRE LOOKOUT

#### ■ Mount Rainier

This hike is located in an isolated northwest corner of Mt. Rainier National Park, with few crowds. Hiking begins at Mowich Lake along the Wonderland Trail. At 2.5 miles we reach Eunice Lake and stop for a brief rest before tackling the uphill slope to Tolmie Peak Fire Lookout where you are rewarded with spectacular views of the lake and Mount Rainier. This 7.5 mile hike has a 1,100 foot elevation gain. Bring a daypack with lunch and water. Transportation is provided to and from City Hall. **Contact:** Dennis Higashiyama, 253.983.7835



**Date:** Saturday, July 30

**Location:** Depart/return to Lakewood City Hall,  
6000 Main St. SW, Lakewood, 98498

**Time:** 8:00 a.m. - 6:00 p.m.

**Cost:** \$31.99 + tax = \$35.00

**Ages:** 10 & older (children under 14 must  
be accompanied by parent or guardian)

### RACHEL LAKE HIKE

#### ■ Snoqualmie Pass

Join us for this beautiful hike on the sunny side of Snoqualmie Pass in the Alpine Lakes Wilderness Area. We access the trailhead near Lake Kachess and hike across numerous small feeder streams as we wind our way up a box canyon. The trail alternates between sections of old-growth (primarily douglas-fir and hemlock), and brushy, avalanche meadows, where the trail is crowded with salmonberry, saw ferns and devil's club. From there we begin an earnest climb to Rachel Lake for a scenic lunch. There is an option to continue for another 1.5 miles to Rampart Lakes depending on the time and our gumption. Total mileage to Rachel Lake is 8 miles with an elevation gain of 1,600 feet. Bring a daypack with lunch and water. Transportation is provided to and from City Hall. **Contact:** Dennis Higashiyama, 253.983.7835 or dhigashiyama@cityoflakewood.us



**Date:** Saturday, July 23

**Location:** Depart/return to Lakewood City Hall,  
6000 Main St. SW, Lakewood, 98498

**Time:** 8:00 a.m. – 6:00 p.m.

**Cost:** \$31.99 + tax = \$35.00

**Ages:** 14 & older



# CAMP CREATE

## CHILDREN'S SUMMER CAMP 2016

Get ready for a summer full of exciting adventures, amazing arts & crafts projects and intriguing games! Campers will enjoy a different theme each week. Children can participate for one day at a time, or every day! Free lunches are provided to campers Monday-Friday by St. Leo's Food Connection. Space is limited to 60 children per day. Pre-registration is recommended. *Call Dennis Higashiyama, 253.983.7835.*

**DAYS:** Monday-Friday

**TIME:** 8:30 a.m. - 5:00 p.m.

**FEE:** \$5/day

**AGES:** 6-12 years

**LOCATION:** Park Lodge Elementary, 6300 100th St. SW, Lakewood, WA

### MOVIE DAY

Every Tuesday, campers have the opportunity to see a movie on the "Big Screen" at Lakewood City Hall. Movie choices will vary based on availability. Movie Day trips will leave at 9:00 a.m. sharp and return by 12:30 p.m. Lunch is provided at camp.

**Cost: \$5 each Tuesday.**

### ALA CARTE FIELD TRIPS

Campers who want even more excitement can add a field trip to their day camp experience. Extra fees apply and pre-registration is required. Children must be registered for that day of camp. Field Trips take place every Friday, unless otherwise noted. Departures and lunch availability will vary. *Contact, Dennis Higashiyama 253.983.7835.*

WEEK 1 ■ \$15

**Nisqually Wildlife Refuge**

WEEK 2 ■ \$15

**Domino's Pizza**

WEEK 3 ■ \$15

**Museum of Flight**

WEEK 4 ■ \$15

**Ft. Steilacoom Park/Waughop Lk.**

WEEK 5 ■ \$15

**WNBA Storm Basketball Game**

(Wednesday, July 20)

WEEK 6 ■ \$15

**Mount Rainier National Park**

WEEK 7 ■ \$15

**Tacoma Rainiers Game**

(Tuesday, August 2)

WEEK 8 ■ \$15

**Pump it Up/Bowling**

### Week 1: June 20 - 24 ■ ORNITHOLOGY (Birds, birds, birds)

Learn about a variety of different birds in our region; the birds that stay all year, and the birds that are just passing through while they migrate. See bald eagles, great blue herons, owls and other birds on our field trip to the Nisqually Wildlife Refuge.

### Week 2: June 27 - July 1 ■ FOODIE

Do you like food? This is the week for you! Try some new and unusual foods as we concoct our own recipes and sample them.

### Week 3: July 5 - 8 ■ UP IN THE AIR

How do birds fly? How can something as heavy as a jet airplane stay in the air? These questions and others will be answered. Campers will have the opportunity to build their own kites, make airplanes and test them.

### Week 4: July 11 - 15 ■ WHY THINGS FLOAT

Now that we know how things stay in the air, we will learn why some things float and other things sink. Children will make rubber band kit boats to race on our man-made water race course. We will watch some of the fastest boats on the water with the RC boaters during a field trip to Fort Steilacoom Park's Waughop Lake.

### Week 5: July 18 - 22 ■ FAMOUS WOMEN

Did you know that Lakewood had the first African-American woman mayor in the state? How many other famous women can you name? Learn the impact that women have made on our lives throughout history and how many influential women are right here in our community.

### Week 6: July 25 - 29 ■ THE GREAT OUTDOORS

The Pacific Northwest is one of the most beautiful in the world to live, play and work. Mountains, lakes, prairies and the ocean are all within a few hours of Lakewood. Learn how to enjoy the outdoors safely during this week.

### Week 7: August 1 - 5 ■ SPORTS, SPORTS, SPORTS

Find the sport that is perfect for you! Children have an opportunity to play a familiar sport or try a new one. Everyone is different and sometimes it is hard to find a sport that you like. Basketball, tennis, baseball, track, and other sports are played during this active week.

### Week 8: August 8 - 12 ■ END OF SUMMER CELEBRATION

This is it, the last week of summer camp! Children will soak up the sun, relax and find fun, new ways to keep cool during the dog days of summer. Our mini-spray park will be on-site for daily use.

# CITY OF LAKEWOOD PARKS & REC



## YOUTH SPORTS SKILL-BASED PROGRAMS

*Skyhawks Sports Academy provides sport programs where children discover and develop athletic skills and social values, such as teamwork, respect and sportsmanship. We offer children a positive sports experience while promoting a healthy, active lifestyle.*

### SUMMER 2016

(course) (dates) (days) (time) (ages) (fee) (location)

#### FLAG FOOTBALL CLINIC

|          |             |    |                       |       |      |                                |
|----------|-------------|----|-----------------------|-------|------|--------------------------------|
| SSA90990 | 7/12 - 8/09 | Tu | 6:00 p.m. - 7:00 p.m. | 8-10  | \$49 | Fort Steilacoom Park - Field B |
| SSA90991 | 7/12 - 8/09 | Tu | 7:00 p.m. - 8:00 p.m. | 10-12 | \$49 | Fort Steilacoom Park - Field B |

*Boys and girls learn skills on both sides of the football including the core components of passing, catching and defense - all in a fun and positive environment.*

#### MINI-HAWK® CAMP (SOCCER, BASEBALL & FLAG FOOTBALL)

|          |             |          |                        |     |      |                                |
|----------|-------------|----------|------------------------|-----|------|--------------------------------|
| SSA90985 | 7/18 - 7/21 | M,Tu,W,T | 9:00 a.m. - 12:00 p.m. | 4-6 | \$89 | Fort Steilacoom Park - Field C |
|----------|-------------|----------|------------------------|-----|------|--------------------------------|

*This multi-sport program gives children a positive first step into athletics. The essentials of each sport are taught in a safe, structured environment with lots of encouragement and a focus on fun. All games and activities are designed to allow campers to explore balance, movement, hand/eye coordination and skill development at their own pace.*

#### MULTI-SPORT CAMP (SOCCER, BASEBALL & FLAG FOOTBALL)

|          |             |          |                        |      |      |                                |
|----------|-------------|----------|------------------------|------|------|--------------------------------|
| SSA90986 | 7/18 - 7/21 | M,Tu,W,T | 9:00 a.m. - 12:00 p.m. | 7-12 | \$89 | Fort Steilacoom Park - Field C |
|----------|-------------|----------|------------------------|------|------|--------------------------------|

*Our multi-sport camp is designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essentials of each sport through skill-based games and scrimmages. By the end of the week, your child will walk away with knowledge of multiple sports along with vital life lessons such as respect, teamwork, and self-discipline.*

#### MIGHTY-HAWK SOCCER CAMP

|          |             |          |                        |     |      |                                |
|----------|-------------|----------|------------------------|-----|------|--------------------------------|
| SSA90987 | 7/25 - 7/28 | M,Tu,W,T | 9:00 a.m. - 12:00 p.m. | 5-7 | \$89 | Fort Steilacoom Park - Field B |
|----------|-------------|----------|------------------------|-----|------|--------------------------------|

*Skyhawks is the nation's #1 camp for learning the fundamentals of soccer. Using our progression curriculum, boys and girls will gain the technical skills & sport knowledge required for that next step into soccer.*

#### SOCCER CAMP

|          |             |          |                        |      |      |                                |
|----------|-------------|----------|------------------------|------|------|--------------------------------|
| SSA90988 | 7/25 - 7/28 | M,Tu,W,T | 9:00 a.m. - 12:00 p.m. | 7-12 | \$89 | Fort Steilacoom Park - Field B |
|----------|-------------|----------|------------------------|------|------|--------------------------------|

*Skyhawks is the nation's #1 camp for learning the fundamentals of soccer. Using our progression curriculum, boys and girls will gain the technical skills & sport knowledge required for that next step into soccer.*

#### FLAG FOOTBALL CAMP

|          |             |          |                        |      |      |                                |
|----------|-------------|----------|------------------------|------|------|--------------------------------|
| SSA90989 | 8/01 - 8/04 | M,Tu,W,T | 9:00 a.m. - 12:00 p.m. | 8-12 | \$89 | Fort Steilacoom Park - Field B |
|----------|-------------|----------|------------------------|------|------|--------------------------------|

*Boys and girls learn skills on both sides of the football including the core components of passing, catching and defense - all in a fun and positive environment.*

**SPACE IS LIMITED!**

**REGISTER TODAY »**

**ONLINE:**  
www.skyhawks.com

**PHONE:**  
800.804.3509



## City of Lakewood's FARMERS MARKET

Presented by St. Clare Hospital

Join us for opening day, Tuesday, June 7!

Come support local farmers at the Farmers Market this season and grab lunch this season, which is 10:00 a.m. to 3 p.m., every Tuesday, from June 7-September 13. Stay for live music and the new **Master Gardeners' Speakers Series!** Find out who our new food vendors are and unique recipes by liking our Farmers Market Facebook Page, or visit [www.cityoflakewood.us](http://www.cityoflakewood.us) under "Events".

### Healthy Bucks!

Bring your child to the Lakewood Farmers Market to receive a "Healthy Buck" worth two dollars to buy fruits or vegetables. Pick them up at the St. Clare Hospital booth. One Healthy Buck per child, per market day is offered.



## Lakewood Farmers Market Vendors

### FARMERS

- Amador Farms
- Ayala Farms
- Cazares Organic Farms\*
- Country Classics Farm
- Dao Lee Garden
- Doug McDonald Farms
- El Punto's Community Garden
- Hayton Farms Berries
- Moua Garden
- Peto Garden
- Robbins Honey Farm
- Smith Brothers Farms

### FOOD & BEVERAGES

- Arista Pasta\*
- Bennymay's Bar BQ\*
- Charles & Terry Gourmet Chinese Food\*
- Four Horsemen Brewery\*
- Josefina's Burrito Boy food truck
- Happy Days Cool Treats
- Kombucha Yum
- Lumpia World food truck\*
- Old Red Barn Popping Co.
- Only Oatmeal Cookie Creations\*
- Pike Place Nuts\*
- Purely from Scratch
- Shelton's Dogongood Dogs\*
- Stina's Cellars
- VietNom Nom food truck\*

### ARTISANS/CRAFTERS

- All about Rhinestones
- Aspirations by Paula
- Baby It's You
- GN Creations
- Hot Flash Art
- L.A.K. Woodworks
- Mountain Pacific\*
- Rainroom Essentials
- Scentsy\*
- Second Chance Effects\*
- Shugies Adornments
- So So Chic\*
- The Power Crew LLC

### OTHER

- WSU Master Gardeners
- The Power Crew LLC

\* Come see our new vendors

### Thank You to Our Sponsors



## PARKS & RECREATION GUIDE

| DATE  | MASTER GARDENERS SPEAKERS SERIES  | LIVE MUSIC                                   | CHEF DEMOS   |
|---|---|--|--|
| <b>JUNE 7 - OPENING DAY</b><br>Free giveaways<br>11:45 a.m. Opening Day Ceremonies  | 12:15-12:45 p.m. Mason Bees   | Sarah Christine<br>(sarahchristinemusic.com) | 11:30 a.m. & 12:00 p.m.<br>Market Vegetarian Bowl  |
| <b>JUNE 14</b>  | 12:00 – 1:00 p.m.<br>Small Space Gardening  | 10:30-12 and 1-2:30<br>Charlie Saibel        |  |
| <b>JUNE 21- BOUNTY FROM THE SEA DAY</b><br>Special Guest: Harbor Watch, bring your children to learn about sea life in the Puget Sound.             | 12:15 -1:00 p.m.<br>Fruit Trees & Berries   | TBD  | Chef Demo featuring Seafood  |
| <b>JUNE 28</b>  | 11:15 a.m.-12:15 p.m.<br>Edible Landscapes-Fruits & Vegetables  | 12:15-2:15<br>Sarah Christine                |  |
| <b>JULY 5</b>   | 12:15 - 12:45 p.m. Hummingbirds & Hummingbird Gardens   | 11:00-12:00 & 1:00-3:00<br>Charlie Saibel    |  |
| <b>JULY 12</b>  | 12:30-1:00 p.m.<br>Roses & Rhododendrons Done Right   | 11:30 a.m. -1:30 p.m.<br>Sarah Christine     |  |
| <b>JULY 19</b><br>Blood mobile  | 12:00 – 1:00 p.m.<br>Saving your vegetable Seeds  | TBD  |  |
| <b>JULY 26 - KIDS DAY!</b><br>Youth talent on stage, Youth vendors, Children's activities by Whole Foods Market<br>Face Painting & Balloon Twisters | 12:30-1:30 p.m.<br>Gardening with Children. Fun in the Garden Interactive Workshop for kids. RSVP to smartinez@citylakewood.us<br>1:30 & 2:00<br>Bug Eating Plants: how to care for and feed your Venus fly trap. Presentations at: 10:30, 11:15, (Scott Vergara) | TBD  | 11:30 & 12:00<br>Bahn mi Sandwich  |
| <b>AUGUST 2</b><br>Celebrate National Farmers Market Week & National Watermelon Day. Enjoy activities presented by Whole Foods Market               | 12:15-12:45 p.m.<br>Composting, Natures Recycling Program   | 11:00- 12:00 & 1-3:00<br>Charlie Saibel      |  |
| <b>AUGUST 9</b>   | 11:30 a.m. -12:30 p.m.<br>Birds in the Garden   | TBD  |  |
| <b>AUGUST 16</b>  | 10:30-11:30 a.m. Cacti and Succulents   | TBD  |  |
| <b>AUGUST 23</b>  | 11:30 a.m. – 12:30 p.m.<br>Straw Bale Gardening   | TBD  |  |
| <b>AUGUST 30</b>  | 12:15 – 12:45 p.m. From the Garden to the Table –When to Harvest & How to Prepare   | TBD  | 11:30 a.m. – 12:00 p.m.<br>Phad Thai with cucumber salad   |
| <b>SEPTEMBER 6</b>  | 10:30-11:00 a.m. Composting   | 12:15-2:15<br>Sarah Christine                |  |
| <b>SEPTEMBER 13 - CLOSING DAY</b>   | 10:30-11:00 a.m.<br>Putting Your Garden to Bed for the Winter, Composting   | 12:15-2:15 p.m.<br>Sarah Christine           | 11:30 a.m. & 12:00 p.m.<br>Pancit Noodles with vegetables, roasted chicken & Chinese sausage (gluten free) |



## Lakewood Community Garden

The Lakewood Community Garden is now in its fifth year of operation and offers plots to those who do not otherwise have a place for their own garden. If you love to get your hands dirty, like to watch your vegetables grow, and enjoy being outside; a garden plot is in your future! Grow an assortment of fruits, vegetables and flowers in raised beds. There are only a few plots left!

**Cost:** \$20/year for a 4' x 8' plot  
Please call Dennis Higashiyama at 253-983-7835 or visit [cityoflakewood.us](http://cityoflakewood.us)

**Location:** Arrowhead Road SW & 113th St SW

Join us **May 14<sup>th</sup>** to raise money for the City of Lakewood's **HEALTHY START** Program!

3<sup>rd</sup> Annual



**Healthy Start** is an after-school program that provides kids with physical activity and nutritious snacks. The program starts when the school day ends, with a snack that includes uncommon fruits and vegetables. After snack, the children do a few minutes of journaling followed by warm-up exercises, large group games, and nutrition lessons. Oakwood, Tyee Park and Tillicum Elementary schools host the program. Funding for student transportation is necessary to keep the program running.

### Event Info:

Saturday, May 14<sup>th</sup> - Check in @ 9:00 a.m.  
Run/Walk starts and ends at **Studio Fitness**  
11112 Gravelly Lake Dr. SW Lakewood WA 98499  
\$40 registration fee  
**Registration Deadline to be Guaranteed a T-shirt:**  
Saturday April 30<sup>th</sup> 2016  
**Post-Race Refreshments & Raffles!**

Register at  
**Active.com**

(Search Studio Fitness Lakewood WA)

Inquire at Studio Fitness for more fundraising options or to become a corporate sponsor. All proceeds go to the City of Lakewood's Healthy Start Program



Reminder  
Scoop the poop, bag it, and  
put it in the trash!

Bozley

Lakewood is a healthy and vibrant community  
<https://www.cityoflakewood.us/off-leash-dog-park>

Protect Our Pets

## MONOPOLY

### MONOPOLY SCAVENGER HUNT

Look for this fun event to pop-up during the summer months! Sidewalk in Towne Center will be transformed by chalk artist to represent icons from the Monopoly game. How can you participate? Pick up a Monopoly Game Form at Lakewood City Hall or online at [www.cityoflakewood.us](http://www.cityoflakewood.us) under "Events". Then fill-out your form describing where each image was found. Submit your completed form to the Parks & Recreation office on the 1st floor of Lakewood City Hall to be date and time stamped.

The first three contestants to submit a correct, completed form, will win a special 80th Anniversary Edition game of Monopoly.

Winners will be contacted within three weeks of the start of the event.

# Senior Activity Center Spring/Summer Classes



## ART

### OPEN ART TIME!

Calling all artists! Woodcarvers, oil painters, mixed media and other artists, do you need a place to be creative? This no-frills, no instructor session is just for you. Bring your projects and take advantage of this open classroom time.

**Mondays**

June 27-August 29, 9:30 a.m.-4:30p.m.

**Members: \$3/Session ■**

**Non-members: \$5/Session**

### SUMI PAINTING

Experience the simple pleasure of Asian ink painting. With practice, a few brush strokes evoke images of bamboo, birds, boats, flowers and Mt. Rainier. Beginners are welcome. Call for supply list.

**Session A: Wednesdays**

June 8-July 13, 9:30-11:30 a.m.

**Session B: Wednesdays**

July 27-August 31, 9:30-11:30 a.m.

**Members: \$56 ■ Non-members: \$62**

### COLLAGE WITH ASIAN PAPERS

Explore the world of collage. We will play with Asian papers, treasures from the recycling bin and more. Be prepared to cut and paste! Additional material fee: \$8.

**Fridays**

July 8-August 12, 1:00-3:00 p.m.

**Members: \$50 ■ Non-members: \$55**

### WOODCARVING

This class is dedicated to the art and skill of woodcarving. It will give all levels of carving enthusiasts a solid foundation. Participants develop the skills to add a personal and creative touch to projects. Bring your projects, tools and enthusiasm.

**Session A: Fridays**

June 3-August 5, 9:00 a.m.-12:00 p.m.

**Members: \$48 ■ Non-members: \$53**

### SKETCHING AND COLORED PENCIL COMBO

Have you always wanted to try your hand at drawing? This is your chance to explore sketching. Learn about tones and values, texture and pencil methods. We will use both colored pencils and a sketching pencil. Call for supply list.

**Session A: Thursdays**

June 9-July 14, 1:30 p.m.-3:30 p.m.

**Session B: Thursday**

July 28-Sept. 1, 1:30 p.m.-3:30p.m.

**Members: \$32 ■ Non-members: \$37**

### KNOTTY KNITTERS

Meet, mingle and knit! If you have a passion for knitting, join this group that ranges from beginners to seasoned knitters. Drop in and learn the basics or share your talent and techniques. Grab your yarn and be knotty for a day! Beginners welcome!

**Wednesdays, 1:00 p.m.**

**FREE**



## COMPUTER

### OPEN COMPUTER LAB

This computer lab is open for older adults who would like to practice what they have learned in classes, work on special projects and get hands-on experience. Volunteers are available to share information and answer questions.

**Fridays, 10:00 a.m.-12:00 p.m.**

**FREE**

### THURSDAY OPEN COMPUTER LAB

Learn about general concepts, components and applications such as browsers, navigating and the internet, Google, Cloud Suites and more.

**Thursdays, 3:00-5:00 p.m.**

**FREE**

### MICROSOFT OFFICE

Learn to use Word, Excel and Power Point more efficiently and discover some tips and tricks to use your computer. This class is will explore and fine tune your computer skills.

**Session A: Mondays**

May 9-June 6, 10:00 a.m.-12:00 p.m.

**Members: \$40 ■ Non-members: \$45**

### I HAVE AN IPAD, IPHONE, IPOD...NOW WHAT?

Learn how to set up and personalize your device. This class will cover internet, maps and driving directions, calendar, camera and photos, texting, music, and more! Learn how to share your calendar with all your apple devices, how to download and use "apps", and learn all about the amazing "Siri," who will listen to your voice commands!

**Session A: Mondays**

June 20-July 18, 10 a.m.-12 p.m.

**Members: \$40 ■ Non-members: \$45**

**PHOTO EDITING 101-NEW!**

Learn to discover and improve your photos using Photoshop Elements. Do you want to rotate, and change the size of your digital photos? Wish you could remove red-eye and adjust the brightness of some of your favorite shots? These are just a few tricks you will learn in this class. Bring your laptop.

**Session A: Mondays**

August 1-22, 10:00 a.m.-12:00 p.m.

**Members: \$40 ■ Non-members: \$45**

**FITNESS**

**INTRODUCTION TO YOGA**

Empower your mind and strengthen your body as you move through poses. Build strength, increase flexibility and find focus. Poses may be modified by doing chair yoga, a unique style that adapts yoga positions and poses through creative use of a chair for support.

**Session A: Tuesdays & Thursdays**

May 10-June 16, 11:00 a.m.-11:45 a.m.

**Session B: Tuesday & Thursday**  
June 21-July 28, 11:00 -11:45 a.m.

**Session C: Tuesday & Thursdays**  
Aug. 2-Sept. 8, 11:00-11:45 a.m.

**Members: \$32 ■ Non-members: \$37**

**DROP-IN LINE DANCING**

Grab your friends and exercise your body & mind by dancing to lively, upbeat music. Line Dancing is a fun way to dance socially without a dance partner. Drop-in for a swingin' good time.

**Mondays, 1:00 p.m.**

**Tuesdays, 2:30 p.m.**

**\$1.00 DROP IN FEE**

**ZUMBA GOLD**

Want to jump on the latest fitness trend? Jump on the Zumba Gold bandwagon. It is a combination of Latin dance and low-impact aerobic exercise for older adults with a little cha-cha-cha. Try it!

**Session A: Tuesdays & Thursdays**

May 10-June 16, 9:00-9:55 a.m.

**Session B: Tuesday & Thursday**

June 21-July 28, 9:00-9:55 a.m.

**Session C: Tuesday & Thursdays**

August 2-September 8, 9:00-9:55 a.m.

**Members: \$32 ■ Non-members: \$37**

**STRETCH & STRENGTHEN**

Improve your core strength, balance and posture. Class includes warm-up, muscle-specific and abdominal exercises and stretching. Join us for the brand new class!

**Session A: Tuesdays & Thursdays**

May 10-June 16, 10:00-10:45 a.m.

**Session B: Tuesdays & Thursdays**

June 21-July 28, 10-10:45 a.m.

**Session C: Tuesday & Thursdays**

August 2-September 8, 10-10:45 a.m.

**Members: \$32 ■ Non-members: \$37**

**BEGINNING & INTERMEDIATE BALLROOM DANCE**

Learn basic and advanced steps, techniques and choreography. From Waltz to Swing, Cha-Cha to Tango, your instructor will teach you how to identify music and be confident to dance. Partner suggested, but not required.

**Session A: Mondays**

June 6-July 11, 4:00-5:00 p.m.

**Session B: Mondays**

July 18-August 22, 4:00-5:00 p.m.

**Members: \$32 ■ Non-members: \$37**



**FIT HAPPENS**

Instructor, Judi Floyd incorporates fun choreography with low-impact aerobics, uses light weights for muscle strength and concentrates on endurance, flexibility, balance and core strength.

**Session A: M/W/F**

May 9-June 17, 8:00-9:00 a.m.

**Session B: M/W/F**

June 20-July 29, 8:00-9:00 a.m.

**Session C: M/W/F**

August 1-September 9, 8:00-9:00 a.m.

**Members: \$32 ■ Non-members: \$37**

**FITNESS & FUN**

Enjoy this total body conditioning class that strengthens your cardiovascular and muscular fitness. Balance exercises and stretching round out this total body workout. Join the fun and meet new friends!

**Session A: M/W/F**

May 9-June 17, 9:30-10:30 a.m.

**Session B: M/W/F**

June 20-July 29, 9:30-10:30 a.m.

**Session C: M/W/F**

August 1-Sept. 9, 9:30-10:30 a.m.

**Members: \$32 ■ Non-Members: \$37**

**SAIL CLASS**

(Stay Active & Independent for Life) Join us for a fun hour of exercise that includes light aerobics and strength training while focusing on balance, coordination, and falls prevention.

**Session A: M/W/F**

May 9-June 17, 10:35-11:35 a.m.

**Session B: M/W/F**

June 20-July 29, 10:35 -11:35 a.m.

**Session C: M/W/F**

Aug. 1-Sept. 9, 10:35-11:35 a.m.

**Members: \$32 ■ Non-Members: \$37**

## FUN EVENTS

### MOTHER'S DAY CELEBRATION: GLITZ & GLAM

Celebrate Mother's Day with an afternoon of glitz & glam in your honor! Celebrate your special day enjoying fantastic food and good friends with glitz, glam and sparkle! RSVP by May 4!

Thursday, May 5, 1:00 p.m.

Members: FREE ■

Non-Members:\$4.00 + tax = \$4.38

### OPEN HOUSE:

#### May the force be with You! CELEBRATING 10 YEARS

The Lakewood Senior Center is commemorating ten years of fun, fitness, education, and fellowship at our current location. Make it a quest to visit the center. Learn of the numerous programs and services available to older adults, that are offered by our Center and community partners. We have a galaxy of programs. Join us for an out of the world party, resources and entertainment! Don't miss it! For more information, call 253.798.4090

Thursday

June 2, 10:00 a.m.-1:00 p.m.

FREE

### SWEET SOUNDS OF SUMMER

Help celebrate the arrival of summer and stop by the social room for a sweet treat and some sunshine. Sponsored by Family Resource HomeCare.

Friday

June 17, 10:00 a.m.-12:00 p.m.

### BASEBALL, BURGERS AND A BBQ

Everyone loves baseball! Join us for an all American party with baseball, burgers, apple pie and a BBQ. Don't miss this delicious day of sun, fun, great friends and good food. RSVP by August 15. This event fills quickly!

Wednesday

August 17, 1:00 p.m.

Members: FREE ■

Non-Members:\$4.00 + tax = \$4.38

### SOUP-TACULAR

Join us for a free hot lunch with dessert, provided by Bridgeport Place. It's not just about the food; it's about camaraderie and the social opportunity to eat, sit and chat with friends! Please feel free to invite a new friend!

Session A: Thursday,  
May 19, noon

Session B: Thursday  
June 16, noon

Session C: Thursday  
July 21, noon

Session D: Thursday  
August 18, noon

### WELCOME WEDNESDAY

"Sometimes you want to go where everybody knows your name and they're always glad you came." Let the Lakewood Senior Activity Center be that place for you! Join us on the second Wednesday of each month at 11:00 a.m. for a tour and introduction to our programs. Dessert of the Month takes place at the same time. Don't miss it!

Session A: Wednesday  
May 11, 11:00 a.m.

Session B: Wednesday  
June 8, 11:00 a.m.

Session C: Wednesday  
July 13, 11:00 a.m.

Session D: Wednesday  
August 10, 11:00 a.m.

FREE

### DESSERT OF THE MONTH

You are invited to join us for a mouth watering delicious treat. Each month there is a new delightful surprise. Sponsored by Narrows Glen.

Session A: Wednesday  
May 11, 10:00 a.m.-12:00 p.m.

Session B: Wednesday  
June 8, 10:00 a.m.-12:00 p.m.

Session C: Wednesday  
July 13, 10:00 a.m.-12:00 p.m.

Session D: Wednesday  
August 10, 10:00 a.m.-12:00 p.m.

FREE

### RED HAT CHAPTER- RUBY & AMEETHYST DIVAS

Welcome to "where there is fun after fifty (and before) for all women". Silliness is the comedy relief of life, so we join red gloved hands and go for the gusto together. We share a bond of affection and an enthusiasm for wherever life takes us.

### CAKE DAY

It's your birthday, let's have a party! The Center has a monthly birthday party to celebrate its member's special day. Join us even if it's not your birthday! Sponsored by The Weatherly Inn.

Session A: Tuesday  
May 3, 10:00 a.m.-12:00 p.m.

Session B: Tuesday  
June 7, 10:00 a.m.-12:00 p.m.

Session C: Tuesday  
July 5, 10:00 a.m.-12:00 p.m.

Session D: Tuesday  
August 2, 10:00 a.m.-12:00 p.m.

FREE

### MENS COFFEE HOUR

Enjoy conversation and a great cup of coffee. This is a fellowship time for men. Join us every Tuesday and Wednesday of the month (except the first Tuesday).

Tuesdays, 10:00 a.m.

Wednesdays, 2:00 p.m.

*Don't miss special guest, Lakewood Police Chief, Mike Zaro on Tuesday, June 21, 10:00 a.m.*

# LIFELONG LEARNING

## BRAIN FITNESS

Keep your brain engaged and challenged. Research shows that keeping your brain active can help reduce age-related cognitive disorders. Join us and super charge your brain with interactive brain games and challenges. First and second Thursdays.

**Session A: Thursday**  
May 5 & 12, 2:00 p.m.

**Session B: Thursday**  
June 9, 2:00 p.m. (2nd week only)

**Session C: Thursday**  
July 7 & 14, 2:00 p.m.

**Session D: Thursday**  
August 4 & 11, 2:00 p.m.

FREE

## CREATIVE WRITING WORKSHOP 101

The workshop offers a small, informal and friendly class for those wanting to write and receive feedback. Participants share their stories, articles or poetry and receive helpful suggestions and encouragement.

**Session A: Mondays**  
July 11-Aug. 29, 9:30 a.m.-11:30 a.m.

Members: \$42 ■ Non-members: \$47

## EARLY STAGE MEMORY LOSS SEMINAR

Concerned about memory loss? If memory problems are affecting your life, attend this seminar to learn more about early stage memory loss. You are invited and encouraged to bring a family member or support person with you. This program provides education and supportive discussion on topics such as: medical causes and treatments, planning for the future, strategies for coping and communication. Sponsored by the Alzheimer's Association. Registration required. Please call 206.529.3868 to sign up.

Tuesday, June 30, 1:00-4:00 p.m.

## BEGINNING YOUR FAMILY HISTORY

With TV's current programs of "Who Do You Think You Are?" and "Finding Your Roots", do you ever wonder about your roots? Join Dee Haviland Fournier, as we begin to research our ancestors. Dee has over 30 years' experience and currently volunteers as an instructor at Heritage Quest Research Library.

**Session A:** June 23, 1:00 p.m.

**Session B:** July 28, 1:00 p.m.

**Session C:** August 25, 1:00 p.m.

FREE

## HAPPY BOOKERS CLUB

Do you love to read? Do you enjoy meeting others who love good books? Escape the everyday, read a great book and make new friends. Happy Bookers meet once a month to discuss the current book from Pierce County libraries' Book Club Collection (both fiction and non-fiction award-winning books).

**Session A: Thursday**  
May 12, 10:30 a.m.

**Session B: Thursday**  
June 9, 10:30 a.m.

**Session C: Thursday**  
July 14, 10:30 a.m.

**Session D: Thursday**  
August 11, 10:30 a.m.



## BOARD & CARD GAMES

**Mah Jongg:** Tuesdays, 1:00 p.m.  
**Cribbage:** Thursdays, 11:00 a.m.

## AARP SMART DRIVER COURSE

Drivers who are older than 55 can qualify for a reduction in their auto insurance rates by attending the AARP Driver Safety Program. We are a host site for the AARP Driving Class and offer one session every month. Space is limited. You must attend both days on the two-day classes (Class length totals eight hours).

**Session A: Wednesday & Thursday**  
May 11 & 12, 9:00 a.m.-1:00 p.m.

**Session B: Tuesday & Wednesday**  
June 7 & 8, 12:30-4:30 p.m.

**Session C: Tuesday**  
July 12, 9:00 a.m.-5:30 p.m.

**Session D: Tuesday & Wednesday**  
August 9 & 10, 9:00 a.m.-1:00 p.m.

**Fee:** \$15.00 AARP members  
\$20.00 Non AARP members

## VOLUNTEER OPPORTUNITIES

We have many volunteer opportunities at the Lakewood Senior Activity Center. Our volunteers help us build a strong sense of community by donating their time, services and expertise. It develops new skills and abilities, increases self-esteem, and builds new friendships. We are looking for volunteer instructors for a variety of classes including art, exercise, computers and more. We are also looking for special event hosts, van drivers and "Senior Ambassadors" to help in the office. If you are interested in growing and getting connected, call Elizabeth at 253.798.4090.

## MEMBERSHIP

"This is a new day, a new beginning". Explore new adventures with us! "The Force is strong with this one!" Sign up for 2016 membership at the Lakewood Activity Center and enjoy all the benefits from January through December. Membership includes discounts on classes, activities and our award winning programs. We offer a galaxy full of programs. You will also receive the delivery of our monthly newsletter to your home. Can't imagine us without you! Join our team and "May the force be with you!"

**MEMBERSHIP FEE:** \$30/Individual • \$40/Couple

# SENIOR ACTIVITY CENTER

## REGISTRATION/PAYMENT OPTIONS

|  |   |
|--|---|
| In Person                                | Lakewood City Hall, 1st Floor M - F 8:30am - 5pm Cash/Check/Credit Card   |
| By Phone                                 | 253.983.7887   M - F 8:30am - 5pm   Visa/MasterCard Only  |
| By Fax                                   | 253.983.7895   24 hour convenience<br>(Please Print Clearly)  |
| By Mail                                  | Send completed registration form & payment to:<br>Parks, Recreation & Community Services 6000 Main Street SW, Lakewood, WA 98499  |
| Online                                   | <a href="https://www.cityoflakewood.us/parks-and-recreation/program-registration">https://www.cityoflakewood.us/parks-and-recreation/program-registration</a><br>24 hour convenience Visa/MasterCard only |
| Lakewood Senior Activity Center Programs | To register for any of the older adult programs, please contact the Lakewood Senior Activity Center - 253.798.4090   9112 Lakewood Drive SW #121, Lakewood, WA 98499                                      |

# Ray Evans Memorial Fishing Event for Kids

**Date:** Saturday, May 21, 2016

**Location:** American Lake Park, 9222 Veterans Drive SW, 98498

**Cost:** \$10 per participant per session —includes a rod & reel and up to 2 fish

**Ages:** 5 –14: Please note that participants must be accompanied by an adult. Only children & youth may fish, adults only assist.

**Sessions:** A) 9:00-9:30 a.m.

B) 10:00-10:30 a.m.

C) 11:00-11:30 a.m.

D) 12:00-12:30 p.m.

E) 1:00-1:30 p.m.

### Pre-Registration Required:

[www.cityoflakewood.us/parks-and-recreation/program-registration](http://www.cityoflakewood.us/parks-and-recreation/program-registration)  
and go to ActiveNet Online Registration.

Credit card registration: 253-983-7887 or first floor Lakewood City Hall.



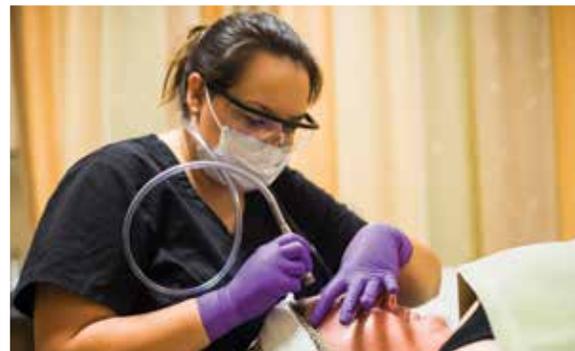
# CLOVER PARK



# TECHNICAL COLLEGE



Train for a high-paying career in one of our forty-three technical programs. Sign up now to get started!



[www.cptc.edu/start](http://www.cptc.edu/start) 253-589-5800  
Lakewood, Puyallup, and online

