

# May



# 2025

## ENUMCLAW SENIOR CENTER NEWSLETTER

*Where Strangers Become Friends*



LITTLE DROPS OF WATER,  
LITTLE GRAINS OF SAND,  
MAKE THE MIGHTY OCEAN  
AND THE PLEASANT LAND.  
THUS THE LITTLE MINUTES,  
HUMBLE THOUGH THEY BE,  
MAKE THE MIGHTY AGES  
of eternity.  Julia A. Fletcher

### **LOCATION**

1350 Cole St.  
Enumclaw, WA 98022  
360.825.4741  
[www.cityofenumclaw.net](http://www.cityofenumclaw.net)

### **HOURS OF OPERATION**

Monday-Thursday 8am-4pm  
Friday 7:30am-12pm

### **Senior Advisory Board**

#### Chairman

Darlene DeGroot

#### Vice Chairman/Treasurer

Cynthia Sable

#### Secretary

Brenda Sexton

#### Members

Donna Raymond

Yolanda Nelson

#### Alternate

Ngara Tackenberg

Next Board Meeting: 7/31/25

### **STAFF**

#### Manager

Melissa Holt

[mholt@ci.enumclaw.wa.us](mailto:mholt@ci.enumclaw.wa.us)

#### Recreation Coordinator

Rochelle Rogers

[rrogers@ci.enumclaw.wa.us](mailto:rrogers@ci.enumclaw.wa.us)

#### Office Assistant

Shaun Wilmot

[swilmot@ci.enumclaw.wa.us](mailto:swilmot@ci.enumclaw.wa.us)

#### Bus Driver

Sonja Fryberger

[sfryberger@ci.enumclaw.wa.us](mailto:sfryberger@ci.enumclaw.wa.us)

Emme Calderon-Latinx Coordinator

Janine Carpenter-Resource Navigator

Tami Ward-Senior Center Cook

Trina Huebler-Evergreen Club Manager

Zoie Raum-Rural Van Driver

### **King County VSHS Levy Consultant**

Brenda Sexton-Aging Mastery Program  
Coordinator

## SPECIAL EVENTS



**IT IS TIME TO TRAVEL**  
**PREMIER TRIP PRESENTATION**  
**FRIDAY, MAY 2ND @11AM**  
**2026 TRIPS:**  
**FEBRUARY-**  
**COLORFUL COSTA RICA**  
**MAY-NASHVILLE & THE SMOKY MOUNTAINS**  
**OCTOBER-UTAH'S MIGHTY NATIONAL PARKS**  
**DECEMBER-NEW ORLEANS HOLIDAY**  
**SIGN UP! 360-825-4741**



JOIN US FOR  
*Mother's Day*  
**LUNCHEON**  
**WEDNESDAY, MAY 7TH**  
**10:30 AM**  
Music by Randy Litch  
RSVP by 5/5/25  
360-825-4741

Join us for our Birthday Party  
Entertainment by  
Patty & The Travelin' 4  
Thursday, May 15th at 10:30am  
A big thank you to Humana  
for the birthday treats!  
Everyone is welcome! Come  
celebrate your birthday with us.  
Enjoy some dessert and spin the  
wheel for a gift.



**FLY TYING DEMO**  
with Jerry Metcalf  
**FRIDAY, MAY 30<sup>TH</sup> @10AM**  
Join us for a freeform discussion and demonstration around the topic of fly tying and fishing. Bring your questions and fish stories!  
**SIGN UP! 360-825-4741**

## EVENTS

### The Trailblazers Hiking Club is headed back to the woods!

- Hikes will be on the 2nd and 4th Thursdays from May-September
- ALL hikes will leave from the Senior Center at 9am
- We will generally return to the center by noon
- If the hike includes bringing a lunch it will be indicated and the return time is 2pm

#### Hikes will accommodate **9** participants

You must be generally fit and able to hike at least three or four miles.

**Wear sturdy shoes**

**Dress in layers**

**Bring a snack and plenty of water**

**Note:** Adverse weather conditions will cause cancellation

### LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME**

**Bill Clough**

**bclough@4ipi.com**

**(800) 950-9952 x2635**



### **ENUMCLAW TRAILBLAZERS**

JOIN THE ENUMCLAW SENIOR ACTIVITY  
CENTER FOR INTERMEDIATE HIKING  
CALL TO REGISTER 360-825-4741

#### **MAY HIKES**

May 8<sup>th</sup>: Federation Forest

May 22<sup>nd</sup>: Kanaskat-Palmer

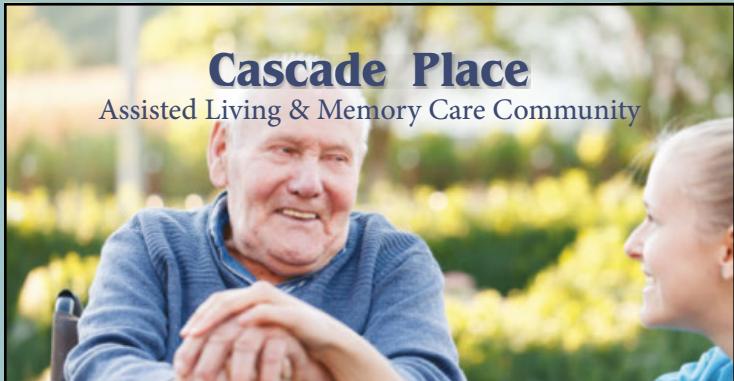
MEET AT ESC @9AM

Cost: \$3.00

**BRING WATER, A SNACK, &  
DRESS FOR NORTHWEST WEATHER  
9 SPOTS AVAILABLE**

### **Cascade Place**

Assisted Living & Memory Care Community



**Drop in for a tour and see if  
This Caring Place feels like home**

*Located in Enumclaw, WA  
Call 360-802-0177 | Visit [CaringPlaces.com](http://CaringPlaces.com)*

 A Caring Places Management Community

## **SUPPORT OUR ADVERTISERS!**

# ACTIVITIES

**Bingo: Mondays @1pm** Bring your quarters and have some fun! Bring your own dauber or buy one for \$1. **THANK YOU** to More Pennies from Heaven for our blackout prize!

**Billiards: Fridays @10am (or stop in anytime, the table's open)**

Calling all Pool Sharks! Come and play on our table, it's over 100 years old.

**Book Barn:** Bring a book, take a book, keep a book. Come in anytime.

**Bridge: Wednesdays @12:30pm** **We need 3 more players to start another table.**

**Call the center if you are interested in joining us.**

**Coffee with the Enumclaw School District: May 2nd @9am (last one for this school year)**

Come have coffee with the ESD officials and stay on top of what's going on!

**Cribbage: Tuesdays @10am**

**Hand, Foot, & Toe Card Game: Fridays @9:30am** A version of Canasta.

**Knitting Group: Thursdays @1pm** Please join us, all are welcome! Bring a project to work on.

**Mah Jongg: Mondays @10am**

**Mexican Train Dominoes: Tuesdays @12:30pm**

**Movie Day: October Sky Thursday, May 22nd @1pm** **SIGN UP!**

Join us for a fun afternoon, snacks and drinks provided.

*The true story of Homer Hickman, a coal miner's son who was inspired by the first Sputnik launch to take up rocketry against his father's wishes.*

**Pinochle: Thursdays @12:30pm**

**Puzzle Table: Available every day!** Work a puzzle and exercise your brain.

**Do you know what Enumclaw's legacy is?** Check out the binder in the front room and see what our local middle schoolers have to say about it. Don't forget to leave your comments. Any questions? Reach out to Cynthia Sable at (925)305-8784 or [cynthia.sable@yahoo.com](mailto:cynthia.sable@yahoo.com)



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City of Enumclaw Senior Center, Enumclaw, WA

B 4C 05-1056

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Enumclaw

HEALTH AND REHABILITATION CENTER

## BECAUSE EVERY SECOND COUNTS

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Begins With Us

- ✓ Individualized Rehabilitation Plans
- ✓ Family-Focused Approach
- ✓ Caring and Experienced Professionals
- ✓ Your Health and Well-Being Are Our Top Priority



YOUR COMEBACK STORY BEGINS NOW

To Schedule a Tour or Visit Us, Give Us a Call or Stop By!  
2323 Jensen Street, Enumclaw, WA 98002 | [https://www.enumclawhealthandrehab.com](http://https://www.enumclawhealthandrehab.com)  
360-869-2337

## MUSIC & DANCING

### **Senior Larks Glee Club**

Every Monday @10:00am

Join us for a fun filled hour of singing, no experience needed. After practice we visit local assisted living and nursing facilities to share the joy of music.

### **Randy Fitch**

“One Man Variety Dance Show Band from Glenn Miller to Carlos Santana”

Wednesday, May 7th @10:30am

### **Patty and the Travelin’ 4**

Get out your dancing shoes and listen to hand clapping, toe tapping music!

Birthday Party: Thursday, May 15th @10:30am

### **Front Porch Band**

Enjoy a mix of country, rock, and folk music.

Wednesday, May 28th @10:30am

## MEAL PROGRAMS

### **CONGREGATE LUNCH PROGRAM**

Lunch is a hot meal served Monday-Thursday @11:45am. Friday we serve a light breakfast @10:30am. The suggested donation is \$5.00 for seniors. **(360)825-4741**

### **NEIGHBORS FEEDING NEIGHBORS**

#### **Senior Hot Meal Delivery Program**

Provided by the Rainier Foothills Wellness Foundation. Receive a hot meal plus a cold boxed lunch delivered to your home Monday, Wednesday and Friday for seniors 60 and older. The suggested donation is \$5.00 per meal. Call for information and apply for the program. **(360)802-3206**

### **MEALS ON WHEELS**

Sound Generations offers a variety of low fat, low sodium, vegetarian and meat dishes. If you are an older adult 60+ and homebound, you are eligible for these meals. The suggested donation is \$6.00 per meal.

Call **(360)825-4741** or go to [www.soundgenerations.org](http://www.soundgenerations.org) to apply.

### **COMMUNITY DINNER FREE**

Come to the Enumclaw Nazarene Church on Fridays @5:30pm. All are welcome!

2501 Warner Ave. **(360)825-5578**

### **FULL BELLIES FREE**

Gather at The Foundation-by Rainier Foothills Wellness. Parking is available in the rear.

1st, 2nd, 3rd, & 4th Thursday @5:30pm. Everyone is welcome!

1304 Griffin Ave. **(360)802-3206**

# CLASSES/PRESENTATIONS/CLUBS

## Aging Mastery Program **FREE! SIGN UP!**

**Tuesdays @1pm April 8th – June 10th 10 WEEK SERIES**

This class provides a comprehensive and fun approach to positive aging by focusing on key aspects of health, finances, relationships, personal growth, and community involvement.

**Book Club: Tuesday, May 27th @2pm** Meet at the Evergreen Club

“My Antonia” by Willa Cather

For more info contact Cynthia Sable @925-305-8784 or cynthia.sable@yahoo.com

**Card Making Class: Wednesday, May 14th @1pm** Meet at the Evergreen Club

**SPACES ARE LIMITED, SIGN UP! COST: \$15 Fee paid directly to instructor**

Make three exquisite greeting cards with Roxann. All supplies are included.

**Caregiver Support Group: Monday, May 19th @2pm** Meet at the Evergreen Club

Connect with others and get help from our Resource Navigator.

**Family History Help: Tuesdays with Anna by appointment SIGN UP!**

Trace your family tree and find out more about your ancestry.

**Fly Tying Demo with Jerry Metcalf: Friday, May 30th @10am SIGN UP!**

Ever wondered how a fishing fly is actually tied? Want to know how a fly is used to catch a fish? have an interest in a specific fly? Would you like some information on local fly fishing opportunities? Come join us for a freeform discussion and demonstration around the topic of fly tying and fishing. Jerry is a lifetime fly fisher, fly tying instructor and knows the local opportunities. He will tie flies, tell fish stories and answer your questions.

**Memory Class: Wednesdays @1pm**

Come stimulate your brain and boost your memory!

**Premier Trip Presentation: Friday, May 2nd @11am SIGN UP!**

Come find out about upcoming 2026 trips-

New Orleans Holiday (December), Colorful Costa Rica (February), Nashville & the Smoky Mountains (May), and Utah's Mighty National Parks (October)

**Spanish Conversation Group: Thursday, May 1st & 15th @1pm**

This group will meet for conversation and planned activities. Come and join us!

**TOPS Club: Wednesdays @5pm Meet at the Evergreen Club**

Join us for affordable, effective weight-loss support! First visit is free!



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**Dale J. Holland – Attorney at Law**



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**[www.dalejholland.com](http://www.dalejholland.com)**



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City of Enumclaw Senior Center, Enumclaw, WA

C 4C 05-1056



# Dance & Tone Class

Evergreen Club

(Senior Center Fitness Studio)

1214 Stevenson Ave.



MARY SAUNDERS CLASS INSTRUCTOR

THURSDAYS AT 1:00 PM

**FREE**

THIS MONTH THE CLASS IS SPONSORED BY THE WR ASSISTED LIVING & WR MEMORY CARE. THANK YOU!



If you love to dance and like music of all flavors and styles, this is your class!



# SENIOR PICKLEBALL CLUB



Enumclaw Senior Activity Center  
Pickleball Club

Wednesdays 10:00am-Noon  
Meet at MacFarland Park

One court format/Co-Ed. Open play!  
Players will rotate each game.



Bring your own paddle!

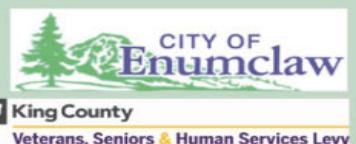
## FITNESS CLASSES

Drop in  
Class Fee  
**\$4**



RENEW • RECREATE • REVITALIZE  
POSITIVE AGING & FITNESS FOR THOSE 55 AND BETTER

### ENUMCLAW SENIOR ACTIVITY CENTER FITNESS CLASS SCHEDULE



King County  
Veterans, Seniors & Human Services Levy

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM YOGA	8:00 AM STRETCH & STRENGTH	8:30 AM YOGA	8:00 AM STRETCH & STRENGTH	8:30 AM YOGA
10:00 AM S.A.I.L. <b>NEW TIME!</b>	9:00 AM PILATES	10:00 AM S.A.I.L. <b>NEW TIME!</b>	9:00 AM PILATES	
	10:00 AM SILVERSNEAKERS CLASSIC	5:00 PM TOPS MEETING	10:00 AM SILVERSNEAKERS CLASSIC	
	11:30 AM LINE DANCING		1:00 PM DANCE & TONE	

Evergreen Club: 1214 Stevenson Ave. 360-825-4741 \*MEET THERE\*

Monday

Tuesday

Wednesday

Thursday

Friday

# May 2025

## Activities Calendar

				
8:00 Morning Coffee	5	VAN SERVICE	6	VAN SERVICE
8:30 Yoga		8:00 Morning Coffee	7	VAN SERVICE
9:00 Haircuts w/Char		8:00 Stretch & Strength		8
9:30 Bonney Lake Shop		9:00 Pilates		8:00 Morning Coffee
10:00 SAIL		9:00 Computer Tutoring		8:30 Yoga
10:00 Mah Jongg		10:00 SilverSneakers Classic		9:00 Coffee with the School District
10:00 Resource Navigator		10:00 Cribbage		9:30 Hand & Foot
10:00 Senior Larks		11:45 Lunch		10:00 Billiards
11:00 BP Checks		11:30 Line Dancing		10:30 Breakfast
11:45 Lunch		12:30 Mexican Dominoes		10:30 SHIBA- 11:00 Trip Presentation
1:00 Bingo		1:00 Aging Mastery		*4/4 Trip @3pm
9-2 Rural Van Rides		1:00 Counseling		Bells of the Sound
				Handbell Concert
8:00 Morning Coffee	12	VAN SERVICE	13	VAN SERVICE
8:30 Yoga		8:00 Morning Coffee		14
11:00 Mystery Lunch		8:00 Stretch & Strength		VAN SERVICE
10:00 SAIL		9:00 Pilates		15
10:00 Mah Jongg		9:00 Computer Tutoring		8:00 Morning Coffee
10:00 Resource Navigator		10:00 SilverSneakers Classic		8:30 Yoga
10:00 Senior Larks		10:00 Cribbage		9:30 Bonney Lake Shop
11:45 Lunch		11:45 Lunch		9:30 Hand & Foot
1:00 Bingo		11:30 Line Dancing		10:00 Billiards
9-2 Rural Van Rides		12:30 Mexican Dominoes		10:30 Hot Breakfast
		1:00 Aging Mastery		
8:00 Morning Coffee	19	VAN SERVICE	20	VAN SERVICE
8:30 Yoga		8:00 Morning Coffee		21
9:30 Red Wind Casino		8:00 Stretch & Strength		VAN SERVICE
10:00 SAIL		9:00 Pilates		22
10:00 Mah Jongg		9:00 Computer Tutoring		8:00 Morning Coffee
10:00 Resource Navigator		10:00 SilverSneakers Classic		8:30 Yoga
10:00 Senior Larks		10:00 Cribbage		9:30 Rhododendron
11:45 Lunch		11:45 Lunch		Garden
1:00 Bingo		11:30 Line Dancing		9:30 Hand & Feet
2:00 Caregiver Support		12:30 Mexican Dominoes		10:00 Billiards
9-2 Rural Van Rides		1:00 Aging Mastery		10:30 Breakfast
		1:00 Counseling		10:30 Ciera's Chair
				Massage
<b>CLOSED</b>	26	VAN SERVICE	27	VAN SERVICE
<b>Memorial Day</b>		8:00 Morning Coffee		28
		8:00 Stretch & Strength		VAN SERVICE
		9:00 Pilates		29
		9:00 Computer Tutoring		8:00 Morning Coffee
		10:00 SilverSneakers Classic		8:30 Yoga
		10:00 Cribbage		9:30 Hand & Feet
		11:45 Lunch		10:00 Billiards
		11:30 Line Dancing		10:00 Fly Tying Demo &
		12:30 Mexican Dominoes		Discussion
		1:00 Aging Mastery		10:30 Breakfast
		1:00 Counseling		

Monday

Tuesday

Wednesday

Thursday

Friday

Menu is subject to change

# May 2025

Monday-Thursday Lunch @11:45am

Friday Breakfast @10:30am

5 Philly Cheesesteak Sandwich Asparagus Dessert	6 Tomato Soup Grilled Cheese Dessert	7 <b>Mother's Day</b> Beef Stew Pasta Salad Sourdough Bread	8 Fish & Chips Coleslaw Pickle Spear Fruit	9 Hot Breakfast Biscuits w/Bacon Gravy Warm Cinnamon Apples
12 Baked Pork Loin Loaded Baked Potato Vegetables	13 Italian Wedding Soup w/Meatballs ½ Sandwich Dessert	14 Sub Sandwich Tossed Salad Chips	15 <b>Birthday Party</b> Baked Ziti w/Beef Side Salad Garlic Bread Fruit	16 Continental Breakfast  Sponsored by LJ Hutson Insurance Specializing in Medicare Plans
19 Reuben Sandwich Pickle Cottage Cheese w/Fruit	20 Tater Tot Casserole w/Beef Salad Roll Dessert	21 Chicken Fettuccine Caesar Salad Garlic Bread	22 Chicken Sandwich French Fries Salad Fruit	23 Continental Breakfast  Sponsored by AccentCare
<b>CLOSED</b> <b>Memorial Day</b> 	26 Vegetable Soup Chicken Salad Sandwich Dessert	27 <b>Front Porch Band</b> Mинestrone Soup ½ Ham Sandwich Potato Salad	28 Pork Chop w/Gravy & Rice Garden Salad Fruit	29 Continental Breakfast  Sponsored by Enumclaw Senior Center

**Suggested Donation \$5.00**

Monthly Birthday Party sponsored by Humana and ESC.

# TRIPS & TRANSPORTATION

**Bonney Lake Shopping \$3 bus fee**  
Fred Meyer, Target, Walmart, or WinCo  
Monday, May 5th & Friday, May 16th @9:30am

**Bells of the Sound: Sounds of Nature Handbell Concert**  
Sunday, May 4th @3:00pm  
**Cost: \$15 (includes ticket)**, bring cash for a late dinner  
**Mystery Dinner**  
Wednesday, May 14th @4:00pm  
**Cost: \$5**, bring cash for dinner \$\$-\$\$\$\$  
**Red Wind Casino**  
Monday, May 19th @9:30am  
**Cost: \$7 PHOTO ID REQUIRED**  
**Mystery Lunch**  
Monday, May 12th @11:00am  
**Cost: \$5**, bring cash for lunch \$\$  
**Rhododendron Garden-Federal Way & Lunch at Brown Bear Diner**  
Friday, May 23rd @9:30am  
**Cost: \$15 (includes ticket)**, bring cash for lunch

Provided by the Enumclaw Senior Center

## Enumclaw Senior Center

### Van Service Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Senior Center TRIPS	Senior Center Safeway Grocery Outlet	Senior Center Food Bank QFC Dollar Tree Walgreens	Senior Center Safeway Grocery Outlet Library

**\*CHECK THE CALENDAR FOR AVAILABLE DATES\***

**10AM-2PM**

**\$1**

Do you need a ride to the Senior Center, the store, the bank, or the post office? Our van runs Monday-Thursday.

**\$1 VAN FEE PAID TO DRIVER ON DAY OF SERVICE**

**Call the Senior Center to schedule  
360-825-4741**

### Rural Rides

Do you live out of town and need a ride to the center? Call to schedule Monday, Wednesday, and Thursday.



**King County**  
Veterans, Seniors & Human Services Levy

## Embrace Purposeful Living

We believe that every moment counts and every experience matters. Live with meaning and thrive with joy at our community.

Contact our team today!

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City of Enumclaw Senior Center, Enumclaw, WA

D 4C 05-1056

# **SERVICES:**

## **Resource Navigator**

### **Mondays and Wednesdays-HERE AT THE CENTER**

Janine is here to help! Do you have questions about resources, need help with advanced planning and placement options or help with applications, etc.?

**Call the center to make an appointment. 360-825-4741**

## **Athena's Notary**

### **By appointment only Cost: \$5**

Call the center to make an appointment. 360-825-4741

## **Blood Pressure Checks with Diane**

### **Monday, May 5th @11:00am Cost: Free**

Drop in and make sure your heart is in the right place.

## **Ciera's Chair Massage**

### **By appointment only Friday, May 23rd Call the Senior Center to schedule. 360-825-4741**

\$15/15 minute massage **Wear comfortable clothing!**

\$30/30 minute massage

**Payment is cash, card, or Venmo made directly to Ciera.**

## **Computer Tutoring with Ed**

### **By appointment Tuesdays Cost: FREE**

Do you have computer questions or need help with your cell phone?

Call the Senior Center to make an appointment. 360-825-4741

## **Counseling with Susan**

### **Tuesdays 1-4pm by appointment only Cost: Free**

Do you feel stressed, anxious, depressed, or overwhelmed and need to talk?

Make an appointment with Susan Thode, an experienced licensed mental health counselor.

Call the Senior Center to schedule. 360-825-4741

## **Haircuts by Char**

### **Monday, May 5th Cost: \$5**

Call the Senior Center to schedule your appointment. 360-825-4741

## **Pacific Professional Foot Care with a Registered Nurse**

### **By appointment only Tuesday, June 3rd Cost: \$40**

**Payment is cash or check made out to Pacific Professional Foot Care.**

Call the Senior Center to schedule your appointment. 360-825-4741

## **PediCares Foot Care with a Licensed Nail Technician**

### **By appointment only Wednesday, May 14th & 28th Cost: \$40 (cash or check) \$42 (card)**

**Payment is cash, card, or check made out to Calah Webb-Young**

**\*Bring a towel. Call the Senior Center to schedule your appointment. 360-825-4741**

## **Program Assistance**

### **By appointment Thursday, May 1st & 8th Cost: Free**

Do you have questions about property tax exemption forms, assistance programs, bills, etc.?

Call the Senior Center to schedule. 360-825-4741

## **Resource Lending Library**

We have a wide variety of resource and educational books available for checkout.

## **Sherry's Facials & Scalp Treatments**

### **By appointment only Thursday, May 1st Cost: \$35/30 minutes or \$70/1 hour**

Relax and enjoy a fabulous 30 minute or 1 hour treatment by a licensed esthetician.

**\*Bring a hat to wear after your scalp treatment. You will leave with wet hair.**

Call the Senior Center to schedule. 360-825-4741

## **SHIBA-Statewide Health Insurance Benefits Advisor**

### **Medicare Questions? By appointment only Cost: Free**

Limited in person monthly appointments are available at the Senior Center. 360-825-4741



# MOVIE DAY AT THE SENIOR CENTER



**MAY  
22**  
THURSDAY  
1:00PM

RSVP AT:  
360-825-4741  
Senior Center Multi-Purpose  
Room

POPCORN  
AND  
SNACKS  
PROVIDED

# Enumclaw SENIOR ACTIVITY CENTER WALKING CLUB



**MONDAYS**

**10AM** **STARTING IN JUNE**  
MEET AT GROCERY OUTLET PARKING LOT

COME WALK WITH NEW FRIENDS ON THE  
ENUMCLAW TRAIL

► BRING A WATER BOTTLE



**SIGN UP!**

360-825-4741

960 Roosevelt Ave,  
Enumclaw, WA 98022

