

LIFELONG RECREATION

Arts, Fitness, and Social Opportunities for People Ages 50+



Seattle
Parks & Recreation

SPRING 2020
April 6-June 20



Register online:
seattle.gov/parks
March 3 at Noon



Come Play with Us!

Welcome to Lifelong Recreation!

SPRING Quarter 2020

April 6-June 20

Registration begins at noon, March 3.
Detailed registration information is
found on pages 58-59.

No Programs and Facilities closed on:

- April 2 Staff Retreat
- May 25 Memorial Day

No
Membership
Fees!

Changes to Program Rates

We have increased our rates by a small amount in order to cover our costs. We feel our programs are offered at a good value and hope that you are happy with your experience.

Did you know that we also offer scholarships? See page 58 for details.



[facebook.com/LifelongRecreationSPR/](https://www.facebook.com/LifelongRecreationSPR/)

E-Newsletter...

Receive the Lifelong Recreation Newsletter!

Go to [www.seattle.gov/parks/find/lifelong-recreation-\(50\)](http://www.seattle.gov/parks/find/lifelong-recreation-(50)) and add your email address.



Cover photo:

Our fitness classes are designed for everyone—come try one today!

Most photos courtesy of:
Meryl Schenker Photography,
and Ryan Hawk Photography.



We have many opportunities for socialization—from volunteering to field trips to exercise programs, and more! Come try one out!

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Seattle Parks Lifelong Recreation Staff



For 44 years, the Seattle Parks Lifelong Recreation program has been serving the community with vibrant programs in physical activity, social engagement, travel, education, and arts for adults age 50+. We provide exceptional, accessible, and affordable programs that promote quality of life and engage our diverse community. We look forward to serving you!

COMMUNITY CENTER LOCATIONS



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Northwest

Ryan Spencer, Acting Recreation Specialist
206-233-7138 / cell 206-399-8561 / ryan.spencer@seattle.gov

1) BALLARD CC
6020 28th Ave. NW, 98107
tel: 206-684-4093
2) BITTER LAKE CC
13035 Linden Ave. N, 98133
tel: 206-684-7524

3) GREEN LAKE CC
7201 E Green Lake Dr. N, 98115
tel: 206-684-0780
4) LOYAL HEIGHTS CC
2101 NW 77th St., 98117
tel: 206-684-4052

5) MAGNOLIA CC
2550 34th Ave. W, 98199
tel: 206-386-4235

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18-26

Northeast

Robin Brannman, Recreation Specialist
206-386-9106 / cell 206-300-2043 / robin.brannman@seattle.gov

6) LAKE CITY
12531 28th Ave. NE, 98125
tel: 206-256-5645
7) LAURELHURST CC
4554 NE 41st St., 98105
tel: 206-684-7529

8) MAGNUSON PARK Community Center
7110 62nd Ave. NE, 98115
tel: 206-684-7026
Magnuson Brig, Building 406
6344 NE 74th St., 98115
Building 30, Workshop
6310 NE 74th St., 98115

9) MEADOWBROOK CC
10517 35th Ave. NE, 98125
tel: 206-684-7522
10) NORTHGATE CC
10510 5th Ave. NE, 98125
tel: 206-386-4283
11) RAVENNA-ECKSTEIN CC
6535 Ravenna Ave. NE, 98115
tel: 206-684-7534

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Central

Amy Voros, Acting Recreation Specialist
206-684-4240 / cell 206-450-9522 / amy.voros@seattle.gov

12) GARFIELD CC
2323 E Cherry St., 98122
tel: 206-684-4788
13) INTERNATIONAL DISTRICT / CHINATOWN CC
719 8th Ave. S, 98104
tel: 206-233-0042

14) MILLER CC
330 19th Ave. E, 98112
tel: 206-684-4753
15) MONTLAKE CC
1618 E Calhoun St., 98112
tel: 206-684-4736

16) QUEEN ANNE CC
1901 1st Ave. W, 98119
tel: 206-386-4240

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Southwest

John Hasslinger, Recreation Specialist
206-256-5403 / cell 206-423-3988 / john.hasslinger@seattle.gov

17) ALKI CC
5817 SW Stevens St., 98116
tel: 206-684-7430
18) DELRIDGE CC
4501 Delridge Way S, 98106
tel: 206-684-7423

19) HIAWATHA CC
2700 California Ave. SW, 98116
tel: 206-684-7441
20) HIGH POINT CC
6920 34th Ave. SW, 98126
tel: 206-684-7422

21) SOUTH PARK CC
8319 8th Ave. S, 98108
tel: 206-684-7451
22) SOUTHWEST CC
2801 SW Thistle St., 98112
tel: 206-684-7438

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Southeast

Anne Nguyen, Recreation Specialist
206-684-7484 / cell 206-310-8163 / anne.nguyen@seattle.gov

23) JEFFERSON CC
3801 Beacon Ave. S, 98108
tel: 206-684-7481
24) RAINIER CC
4600 38th Ave. S, 98118
tel: 206-386-1919

25) RAINIER BEACH CC
8825 Rainier Ave. S, 98118
tel: 206-386-1925
26) VAN ASSELT CC
2820 S Myrtle St., 98108
tel: 206-386-1921

27) YESLER CC
917 E Yesler Way, 98122
tel: 206-386-1245

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Signature Programs

Dementia-Friendly Recreation
Cayce Cheairs:
206-615-0100
cell 206-786-2365
cayce.cheairs@seattle.gov

Rainbow Recreation
Cheryl Brown:
206-615-0619
cell 206-450-9819
cheryl.brown@seattle.gov

Sound Steps Walking Program and Food and Fitness
Tamara Keefe: 206-684-4664
cell 206-399-4655
tamara.keefe@seattle.gov

SENIOR AEROBICS						
Video Link: https://youtu.be/3RyasavedEE						
Queen Anne						
33950	4/6-6/15	Mon	10:30-11:30 a.m.	M Tapin		\$50
ARTHRITIS EXERCISE PROGRAM						
Queen Anne						
33894	4/8-6/17	Wed	11:45 a.m.-12:45 p.m.	S Dwyer-Shick		\$55
33895	4/10-6/19	Fri	11:45 a.m.-12:45 p.m.	S Dwyer-Shick		\$55
BODY CONDITIONING						
Video Link: https://youtu.be/mHL23iTXdQ8						
Ravenna-Eckstein						
25918	4/6-6/15	Mon	9-10 a.m.	C Lorenz		\$60
25917	4/8-6/17	Wed	9-10 a.m.	C Lorenz		\$66
CHINESE DANCE: DROP-IN						
IDCC						
		Thu	10 a.m.-1 p.m.			\$3/\$2
CIRCUIT TRAINING						
Video Link - Bitter Lake: https://youtu.be/JpJLEntLKAM						
Video Link - Queen Anne: https://youtu.be/Faj4Hn5-fR0						
Bitter Lake						
34239	4/10-6/19	Fri	10-11 a.m.	R Buyce		\$55
Garfield						
33902	4/10-6/19	Fri	10:15-11:15 a.m.	TBD		\$66
Loyal Heights						
34242	4/7-6/16	Tue	9:30-10:30 a.m.	R Buyce		\$55
34241	4/8-6/17	Wed	9:30-10:30 a.m.	R Buyce		\$55
34240	4/9-6/18	Thu	9:30-10:30 a.m.	R Buyce		\$55
36314	4/9-6/18	Thu	10:30-11:30 a.m.	R Buyce		\$55
Meadowbrook						
25936	4/7-6/16	Tue	11:30 a.m.-12:30 p.m.	R Buyce		\$55
Queen Anne						
33901	4/14-6/16	Tue	9:30-10:30 a.m.	C Lorenz		\$60
33898	4/14-6/16	Tue	10:45-11:45 a.m.	C Lorenz		\$60
33900	4/16-6/18	Thu	9:30-10:30 a.m.	C Lorenz		\$60
33899	4/16-6/18	Thu	10:45-11:45 a.m.	C Lorenz		\$60



ENHANCE FITNESS						
Kaiser Permanente Capitol Building						
33910	4/6-6/15	Mon	8-9 a.m.	C Grekoff		\$50
33911	4/6-6/15	Mon	9:15-10:15 a.m.	C Grekoff		\$50
33912	4/6-6/15	Mon	10:30-11:30 a.m.	C Grekoff		\$50
34481	4/6-6/15	Mon	2-3 p.m.	G Keeble		\$50
33913	4/7-6/16	Tue	8-9 a.m.	C Grekoff		\$55
33914	4/7-6/16	Tue	9:15-10:15 a.m.	C Grekoff		\$55
33915	4/7-6/16	Tue	10:30-11:30 a.m.	C Grekoff		\$55
33916	4/8-6/17	Wed	8-9 a.m.	C Grekoff		\$55
33917	4/8-6/17	Wed	9:15-10:15 a.m.	C Grekoff		\$55
33918	4/8-6/17	Wed	10:30-11:30 a.m.	C Grekoff		\$55
34482	4/8-6/17	Wed	2-3 p.m.	G Keeble		\$55
33919	4/9-6/18	Thu	8-9 a.m.	C Grekoff		\$55
33920	4/9-6/18	Thu	9:15-10:15 a.m.	C Grekoff		\$55
33921	4/9-6/18	Thu	10:30-11:30 a.m.	C Grekoff		\$55
33922	4/10-6/19	Fri	8-9 a.m.	C Grekoff		\$55
33923	4/10-6/19	Fri	9:15-10:15 a.m.	C Grekoff		\$55
33924	4/10-6/19	Fri	10:30-11:30 a.m.	C Grekoff		\$55
34483	4/10-6/19	Fri	2-3 p.m.	G Keeble		\$55
Lake City						
25926	4/6-6/15	Mon	9-10 a.m.	Mish Mish		\$50
25927	4/8-6/17	Wed	9-10 a.m.	C House		\$55
25925	4/10-6/19	Fri	9-10 a.m.	C House		\$55
Magnolia						
34244	4/6-6/22	Mon	12:30-1:30 p.m.	K Adolphsen		\$55
34245	4/8-6/24	Wed	12:30-1:30 p.m.	K Adolphsen		\$60
34243	4/10-6/26	Fri	12:30-1:30 p.m.	K Adolphsen		\$60
Magnuson						
25928	4/7-6/9	Tue	8-9 a.m.	J Shearer		\$50
25930	4/7-6/9	Tue	9-10 a.m.	J Shearer		\$50
25931	4/9-6/11	Thu	9-10 a.m.	J Shearer		\$50
25929	4/10-6/12	Fri	9-10 a.m.	Mish Mish		\$50
Northgate						
30187	4/20-6/15	Mon	1:45-2:45 p.m.	M Taplin		\$40
25932	4/9-6/18	Thu	1:30-2:30 p.m.	M Taplin		\$50
Rainier						
34330	4/6-6/29	Mon	9:15-10:15 a.m.	Y Gartz		\$65
34331	4/1-6/24	Wed	9:15-10:15 a.m.	Y Gartz		\$65
34332	4/3-6/26	Fri	9:15-10:15 a.m.	V Bowles		\$65
Rainier-Kaiser Permanente and Silver Fit Only						
35589	4/6-6/29	Mon	9:15-10:15 a.m.	Y Gartz		Free
35590	4/1-6/24	Wed	9:15-10:15 a.m.	Y Gartz		Free
30242	4/3-6/26	Fri	9:15-10:15 a.m.	V Bowles		Free
EXERCISE TO IMPROVE BALANCE						
Meadowbrook						
25934	4/6-6/15	Mon	10:30-11:20 a.m.	C Lorenz		\$55
36875	4/6-6/15	Mon	11:30 a.m.-12:20 p.m.	C Lorenz		\$55
FABULOUSLY FIT						
Magnolia						
34250	4/6-6/22	Mon	8-9 a.m.	K Adolphsen		\$55
34251	4/8-6/24	Wed	9-10:15 a.m.	K Adolphsen		\$75
34249	4/10-6/26	Fri	8-9 a.m.	K Adolphsen		\$60

FITNESS AT HIAWATHA						
Hiawatha						
35367	4/8-6/17	Wed	10-11 a.m.	S Simmons	\$55	
FIT PLUS						
Magnuson Brig						
25935	4/9-6/11	Thu	8-9 a.m.	J Shearer	\$55	
FUN FIT!						
Meadowbrook						
25937	4/7-6/16	Tue	6-7 p.m.	M Tulio	\$66	
25938	4/9-6/18	Thu	6-7 p.m.	M Tulio	\$66	
GET F.I.T.-FITNESS INFUSED TECHNOLOGY						
Garfield						
35352	4/22-5/20	Wed	6-7 p.m.	TBD	\$25	
JUICY JOINTS - INTERMEDIATE						
Video Link: https://youtu.be/Jl3t5-3FhH4						
Bitter Lake						
34267	4/7-6/16	Tue	9:05-10:05 a.m.	J Rayor	\$55	
34266	4/9-6/18	Thu	9:05-10:05 a.m.	J Rayor	\$55	



LINE DANCE						
Video Link: https://youtu.be/n4CVebDKpDg						
Bitter Lake						
Beginner						
34268	4/6-6/15	Mon	Noon-1 p.m.	M Chen	\$50	
Intermediate						
34269	4/6-6/15	Mon	10:45-11:45 a.m.	M Chen	\$50	
Hiawatha						
Beginner						
35377	4/7-6/16	Tue	11:15 a.m.-12:15 p.m.	L Reese	\$55	
Advanced Beginner						
35376	4/7-6/16	Tue	10:15-11:15 a.m.	L Reese	\$55	
High Point						
Beginner						
35375	4/7-6/16	Tue	6:30-7:30 p.m.	L Reese	\$55	
Jefferson						
All Levels						
34371	4/3-6/26	Fri	10-11 a.m.	M Chen	\$65	
Magnuson						
Beginner						
25959	4/8-6/10	Wed	Noon-1 p.m.	D Hunsaker	\$50	
25957	4/9-6/11	Thu	6:45-7:45 p.m.	L McDonald	\$50	
Advanced-Beginner						
25956	4/7-6/9	Tue	6:30-7:30 p.m.	D Hunsaker	\$50	
25958	4/8-6/10	Wed	11 a.m.-Noon	D Hunsaker	\$50	
Intermediate						
25960	4/8-6/10	Wed	10-11 a.m.	D Hunsaker	\$50	
Queen Anne						
Beginner						
33947	4/9-6/18	Thu	6:15-7:15 p.m.	C Banta	\$55	
Beginner Plus						
33948	4/9-6/18	Thu	7:15-7:45 p.m.	C Banta	\$28	
Van Asselt						
Beginner						
33988	4/9-6/18	Thu	11:30 a.m.-12:30 p.m.	L Reese	\$50	
Advanced Beginner						
33986	4/9-6/18	Thu	12:30-1:30 p.m.	L Reese	\$50	
Intermediate						
33987	4/9-6/18	Thu	1:30-2:30 p.m.	L Reese	\$50	
Drop-In Line Dance						
IDCC						
		M/ F	11 a.m.-12:30 p.m.		\$3/\$2	
LINE DANCE—SOUL						
Magnuson						
36254	4/10-6/12	Fri	10-11 a.m.	M Silver	\$50	
Northgate						
25962	4/23-6/18	Thu	3-4 p.m.	S Simmons	\$45	
Ravenna-Eckstein						
35867	4/7-6/9	Tue	9-10 a.m.	M Silver	\$50	
LINE DANCE WORKOUT-MORE THAN COUNTRY						
Northgate						
34428	5/30	Sat	12:30-2:30 p.m.	Reese/ Hunsaker	\$12	

MINDS IN MOTION						
Miller						
25765	4/6-6/15	Mon	2-3 p.m.	C Grekoff	Free	
NIA DANCE FITNESS						
Delridge						
35373	4/7-6/16	Tue	11:15 a.m.-12:15 p.m.	N Scher	\$55	
Meadowbrook						
25968	4/10-6/19	Fri	10-11 a.m.	N Scher	\$61	
NIA MOVING TO HEAL						
Magnolia						
34290	4/9-6/18	Thu	10:30-11:30 a.m.	L Browdy	\$55	
Meadowbrook						
25969	4/10-6/19	Fri	11:15 a.m.-12:15 p.m.	N Scher	\$61	
PARKINSON'S PROGRAMS						
Dance						
Garfield						
33903	3/19-5/14	Thu	11:15 a.m.-12:45 p.m.		Free	
PILATES						
Video Link: https://youtu.be/C6iGDqezc3M						
Loyal Heights						
34277	4/6-6/15	Mon	11:30 a.m.-12:30 p.m.	D Dragovich	\$50	
Magnuson Brig						
25972	4/9-6/4	Thu	11:30 a.m.-12:30 p.m.	D Dragovich	\$50	
Northgate						
25973	4/8-6/17	Wed	11:30 a.m.-12:30 p.m.	D Dragovich	\$55	
25975	4/9-6/18	Thu	5-6 p.m.	D Dragovich	\$55	
Ravenna-Eckstein						
25974	4/7-6/9	Tue	11:30 a.m.-12:30 p.m.	D Dragovich	\$55	
ROCK N' ROLL AEROBICS						
Northgate						
25978	4/6-6/15	Mon	11:15 a.m.-12:15 p.m.	Mish Mish	\$45	
SAIL						
Ballard						
34280	4/7-6/16	Tue	11:30 a.m.-12:30 p.m.	K Franklin	\$50	
34279	4/9-6/18	Thu	11:30 a.m.-12:30 p.m.	K Franklin	\$50	
SOUTH END BOXING CLUB						
Rainier Beach						
	4/1-6/29	M/W	6-7 p.m.		Free	
STRENGTH AND CONDITIONING						
Laurelhurst						
25979	4/10-6/19	Fri	7:45-8:45 a.m.	J Shearer	\$61	
Magnuson Brig						
25980	4/8-6/10	Wed	7:45-8:45 a.m.	J Shearer	\$55	
CHAIR STRENGTH AND TONE						
Video Link: https://youtu.be/Ujm911_5tnM						
Bitter Lake						
34237	4/6-6/15	Mon	1:30-2:15 p.m.	D Dragovich	\$42	
34238	4/9-6/18	Thu	1:30-2:15 p.m.	D Dragovich	\$42	
STRONG 45						
Loyal Heights						
34292	4/7-6/16	Tue	5:30-6:15 p.m.	D O'Neill	\$55	
34291	4/9-6/18	Thu	5:30-6:15 p.m.	D O'Neill	\$55	
STRONG BY ZUMBA®						
Queen Anne						
33954	4/10-6/19	Fri	12:15-1:15 p.m.	V Hiegel	\$55	

TAI CHI AND QIGONG						
Tai Chi						
Video Link: https://youtu.be/J82jluSOs5s						
Laurelhurst						
<i>All Levels</i>						
25984	4/7-6/16	Tue	12:45-1:45 p.m.	R Friedman	\$55	
<i>Advanced</i>						
* Instructor permission required, call Laurelhurst CC.						
	4/9-6/18	Thu	Noon-1 p.m.	R Friedman	Free	
Loyal Heights						
34281	4/10-6/19	Fri	11:30 a.m.-12:30 p.m.	C Tan	\$55	
Meadowbrook						
<i>All Levels</i>						
25983	4/8-6/17	Wed	5:30-6:30 p.m.	E Baxa	\$55	
<i>Beginner</i>						
25982	4/9-6/18	Thu	12:45-1:45 p.m.	A Ross	\$55	
<i>Intermediate</i>						
25987	4/9-6/18	Thu	1:45-2:45 p.m.	A Ross	\$55	
Montlake						
<i>All Levels</i>						
33955	4/6-6/8	Mon	10:30-11:30 a.m.	R Friedman	\$45	
Miller						
<i>All Levels</i>						
33956	4/9-6/18	Thu	10:30-11:30 a.m.	E Baxa	\$55	
Queen Anne						
<i>Intermediate</i>						
33957	4/9-6/18	Thu	12:15-1:15 p.m.	E Baxa	\$55	
Yesler						
<i>All Levels</i>						
33990	4/7-6/16	Tue	12:30-1:30 p.m.	E Baxa	\$50	
Tai Chi Level 1						
High Point						
35869	4/6-6/15	Mon	11:30 a.m.-12:30 p.m.	H Dickinson	\$50	
Tai Chi Level 2						
Highpoint						
35362	4/6-6/15	Mon	10-11 a.m.	H Dickinson	\$50	
Drop-In Tai Chi						
Rainier						
		Wed	3:30-4:15 p.m.	S Hiserman	\$3	
"Tai Chi Chih®, Joy Through Movement"						
Miller						
34488	4/6-6/15	Mon	12:15-1:15 p.m.	L Robinson	\$50	
Tai Chi for Recovery						
Garfield						
36604	4/22-5/20	Wed	12:30-1:15 p.m.	TBD	\$25	
36605	5/27-6/24	Wed	12:30-1:15 p.m.	TBD	\$25	
Tai Chi and Qigong—Principles and Practice						
Delridge						
35363	4/9-6/18	Thu	12:30-1:30 p.m.	A Peizer	\$55	

Tai Chi And Qigong						
<i>Introduction</i>						
Northgate						
25985	4/6-6/15	Mon	12:30-1:30 p.m.	A Peizer	\$45	
25990	4/10-6/19	Fri	2:30-3:30 p.m.	A Peizer	\$50	
<i>Continuing</i>						
Magnuson Brig						
25989	4/8-6/10	Wed	10:15-11:15 a.m.	A Peizer	\$50	
Qigong and Tai Chi						
Loyal Heights						
34278	4/10-6/19	Fri	12:30-1:20 p.m.	C Tan	\$55	
WORLD BEAT DANCE AEROBICS						
Meadowbrook						
26000	4/8-6/17	Wed	10:30-11:30 p.m.	Mish Mish	\$55	
Northgate						
26001	4/9-6/18	Thu	10:30-11:30 p.m.	Mish Mish	\$50	
YOGA						
Chair Yoga						
Ravenna-Eckstein						
25920	4/21-6/9	Tue	5:15-6:15 p.m.	D Bailey	\$44	
Gentle Yoga						
<i>Video Link: https://youtu.be/-rbaj950ATe</i>						
Bitter Lake						
34259	4/8-6/17	Wed	9:30-10:30 a.m.	H Mair	\$61	
Delridge						
35360	4/7-6/16	Tue	10-11 a.m.	J Reed	\$61	
Garfield						
33939	4/6-6/15	Mon	10:30-11:30 a.m.	J Robbin	\$55	
33942	4/9-6/18	Thu	10-11 a.m.	O Goodwin	\$61	
High Point						
35361	4/10-6/19	Fri	11 a.m.-Noon	J Reed	\$61	
Loyal Heights						
34258	4/6-6/15	Mon	10-11 a.m.	R MacDonald	\$55	
34257	4/10-6/19	Fri	10:15-11:15 a.m.	J Green	\$61	
Magnuson Brig						
25946	4/6-6/8	Mon	10-11 a.m.	M McFadden	\$50	
25945	4/7-6/9	Tue	10-11 a.m.	J Robin	\$55	
25944	4/9-6/11	Thu	5:30-6:30 p.m.	D Bailey	\$55	
Meadowbrook						
25939	4/6-6/15	Mon	9-10 a.m.	H Mair	\$55	
25940	4/8-6/17	Wed	9-10 a.m.	J Robin	\$61	
25941	4/11-6/13	Sat	9-10 a.m.	H Mair	\$55	
Miller						
33971	4/7-6/16	Tue	1:30-2:30 p.m.	L Gardener	\$61	
33972	4/9-6/18	Thu	1:30-2:30 p.m.	L Gardener	\$61	
Montlake						
35646	4/6-6/8	Mon	10:15-11:15 a.m.	H Karfelt	\$55	
33943	4/8-6/10	Wed	10:15-11:15 a.m.	H Karfelt	\$55	
33940	4/8-6/10	Wed	11:30 a.m.-12:30 p.m.	H Karfelt	\$55	
34487	4/10-6/12	Fri	11:15 a.m.-12:15 p.m.	L Gardner	\$55	
33944	4/11-6/13	Sat	9:15-10:15 a.m.	H Karfelt	\$55	

Northgate						
<i>Gentle Yoga-An Afternoon Sampler</i>						
25986	5/4-6/15	Mon	3-4 p.m.	F Marazzi	\$33	
Queen Anne						
33941	4/10-6/19	Fri	9:45-10:45 a.m.	H Karfelt	\$55	
Ravenna-Eckstein						
30188	4/9-6/11	Thu	9-10 a.m.	F Marazzi	\$55	
25947	4/10-6/12	Fri	9:30-10:30 a.m.	J Robin	\$55	
Drop-In Gentle Yoga						
IDCC						
		Wed	3-4 p.m.		\$3/\$2	
Hatha Yoga						
Queen Anne						
33945	4/6-6/15	Mon	10-11 a.m.	F Marazzi	\$50	
33946	4/8-6/17	Wed	11 a.m.-Noon	J Reed	\$55	
Vini Yoga						
Ballard						
34284	4/8-6/17	Wed	9:45-10:45 a.m.	A Mason	\$55	
Magnolia						
34283	4/10-6/19	Fri	9:15-10:15 a.m.	L Dunbar	\$61	
Queen Anne						
33965	4/7-6/16	Tue	11:30 a.m.-12:30 p.m.	L Dunbar	\$55	
33966	4/10-6/19	Fri	11 a.m.-Noon	L Dunbar	\$55	
ZUMBA® GOLD						
<i>Video Link: https://youtu.be/mzy3RR_SfuQ</i>						
Alki						
35372	4/7-6/16	Tue	10-11 a.m.	M Jorgensen	\$55	
Delridge						
35370	4/9-6/18	Thu	10-11 a.m.	M Jorgensen	\$55	
Garfield						
33969	4/9-6/18	Thu	6:30-7:30 p.m.	S Foran	\$55	
Hiawatha						
35371	4/6-6/15	Mon	10-11 a.m.	M Jorgensen	\$50	
Loyal Heights						
34288	4/7-6/16	Tue	9:30-10:30 a.m.	D O'Neill	\$55	
34287	4/9-6/18	Thu	9:30-10:30 a.m.	D O'Neill	\$55	
Jefferson						
34338	4/6-6/15	Mon	11 a.m.-Noon	C House	\$45	
34339	4/10-6/19	Fri	11 a.m.-Noon	C House	\$55	
Magnolia						
34289	4/8-6/17	Wed	10:30-11:30 a.m.	M Jorgensen	\$55	
34286	4/10-6/19	Fri	10:30-11:30 a.m.	M Jorgensen	\$55	
Queen Anne						
33967	4/6-6/15	Mon	9:45-10:45 a.m.	S Price	\$50	
33968	4/8-6/17	Wed	9:45-10:45 a.m.	S Price	\$55	

Drop-In Fee Price Change
 Try a fitness class for \$10, or register for the entire session for a better value.

ADULT SPORTS

SPRING

PICKLEBALL TOURNAMENT

Grab a partner and your paddle! Adult Sports is hosting a men's and women's pickleball tournament this spring.



Keep an eye out for more information on our website listed below, or call Jayson Powell at the phone number below.

For information about any Adult Sports visit our website at:

<http://www.seattle.gov/parks/find/adult-sports-teams-and-programs>,

or contact Jayson Powell at:
206-684-7092, cell 206-295-2465,
email: jayson.powell@seattle.gov.

Come work out at our Drop-In Fitness Centers

Exercise machines, free weights, and cardio equipment. Please call for open hours.

OUR FITNESS CENTERS ARE NOW FREE!

Delridge	206-684-7423
Garfield	206-684-4788
Hiawatha	206-684-7441
International District Chinatown	206-233-7061
Loyal Heights	206-684-4052
Meadowbrook	206-684-7522
Northgate	206-386-4283
Queen Anne	206-386-4240
Rainier Beach	206-386-1925
Rainier CC	206-386-1919
Van Asselt	206-386-1921
Yesler	206-386-1245

Drop-In Sports at a Glance

Drop-In Pickleball—
Free and All Levels Unless Noted

NORTHWEST

Ballard	T/Th	9:30-11:30 a.m.	
Bitter Lake	T/F	10 a.m.-1 p.m.	Adv
Loyal Heights	Fri	Noon-2 p.m.	
Magnolia	Mon	11 a.m.-1 p.m.	

NORTHEAST

Magnuson	Thu	9:15 a.m.-Noon	
Meadowbrook	Tue	10 a.m.-2 p.m.	
Meadowbrook	Thu	10 a.m.-2 p.m.	Adv
Northgate	M/F	11 a.m.-2 p.m.	
Northgate	Tue	6-8 p.m.	
Northgate	Wed	11 a.m.-1:30 p.m.	
Rav-Eck	Mon	9 a.m.-Noon	\$27
Rav-Eck	Wed	9 a.m.-Noon	\$33
Rav-Eck	Fri	9 a.m.-Noon	Int/Adv \$33

CENTRAL

IDCC	Mon	6-8:45 p.m.	Int/Adv
Miller	Mon	Noon-3 p.m.	
Miller	Fri	9 a.m.-Noon	
Montlake	Sat	10:30 a.m.-12:30 p.m.	
Queen Anne	Wed	11:30 a.m.-1:30 p.m.	

SOUTHWEST

Delridge	M/W	10 a.m.-Noon	
Delridge	T/Th	Noon-2 p.m.	
Delridge	Fri	12:30-2 p.m.	
Hiawatha	Fri	10 a.m.-Noon	\$36
High Point	Mon	10-11:30 a.m.	
High Point	Wed	10 a.m.-1 p.m.	
South Park	M/W/F	10 a.m.-2 p.m.	

Drop-In Outdoor Pickleball at Delridge

Available during daylight hours and is subject to the terms and limitations of Seattle Parks & Recreation Tennis Court Drop-In Policy.

SOUTHEAST

Jefferson	Mon	10 a.m.-Noon	Compet.
Rainier	T/Th	10 a.m.-1 p.m.	
Van Asselt	W/F	Noon-2 p.m.	
Yesler	Tue	12:30-2:30 p.m.	
Yesler	Thu	10 a.m.-Noon	

Drop-In Table Tennis—Free Unless Noted

CENTRAL (also ping pong)

Garfield	T/F	10:30 a.m.-1:30 p.m.	
IDCC	M/W/F	1-2:30 p.m. and 6-8:45 p.m.	\$3/\$2
IDCC	Sat	2-4:45 p.m.	\$3/\$2

SOUTHWEST

High Point	Fri	10 a.m.-Noon	
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Drop-In Volleyball—Free

SOUTHWEST

Delridge	T/Th	10 a.m.-Noon	
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Green Lake Small Craft Center & Mt. Baker Rowing and Sailing offer beginner boating classes!

Daytime Courses Ages 50+ Available in 2020!

Call 206-684-4074 or 206-386-1913 for more information.



Seattle
Parks & Recreation



Let us help you get your feet wet!

POOLS - YEAR-ROUND INDOOR

Ballard Pool	206-684-4094
1471 NW 67th St.	
Evans Pool	206-684-4961
7201 E Green Lake Drive N	
Helene Madison Pool	206-684-4979
13401 Meridian Ave. N	
Meadowbrook Pool	206-684-4989
10515 35th Ave. NE	
Medgar Evers Pool	206-684-4766
500 23rd Ave.	
Queen Anne Pool	206-386-4282
1920 1st Ave. W	
Rainier Beach Pool	206-386-1925
8825 Rainier Ave. S	
Southwest Pool	206-684-7440
2801 SW Thistle St.	

Wellness Aquatic Activities

Visit <http://www.seattle.gov/parks/pools.asp> for a complete list of what Seattle Pools has to offer. Our programs include:

- Lap Swim
- Adult Swim
- Senior Swim
- Women Only Swim
- Shallow Water Fitness
- Deep Water Fitness
- Hydro-Fit
- Stretch N Flex*
- AquaZumba
- Adult Swim Lessons

* Low impact and perfect for seniors looking for ways to improve joint range of motion and flexibility.





Ryan Spencer
Northwest
Acting Recreation Specialist

206-233-7138 / cell 206-399-8561
ryan.spencer@seattle.gov

SCHOLARSHIPS

Complete your June 2019-June 2020 application prior to spring registration on 3/3, and your June 2020-June 2021 application prior to summer registration on 5/5. See page 58 for details.

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 58. For accommodation requests, please call 206-386-9094.

TRIPS

Departure Site Request:
At the time of registration you will select your departure location from the available options. We do our best to proceed with our trips as planned; at times it is necessary to make changes to the times, cost, and destination. Please refrain from wearing fragrances.

NOTE: Green Lake Community Center is closed for maintenance and will not run spring classes this year.

TRIPS

DEPARTURE SITES

Ballard Community Center
6020 28th Ave. NW
South of bldg, angled parking lot

Bitter Lake Community Center
13035 Linden Ave. N
North parking lot at street level

DEPARTURE TIMES

SOUTHBOUND TRIPS:

Bitter Lake: 20 minutes before time listed.

Ballard: at time listed.

NORTHBOUND TRIPS:

Ballard: 20 minutes before time listed.

Bitter Lake: at time listed.

BACK IN MOTION

Our Back in Motion programs provide fitness classes and educational programs for people with chronic pain or new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

RAINBOW RECREATION

Programs for LGBTQ, friends, and allies.

SHAPE UP

If you are new to any **Shape Up** class, receive \$10 off your first class. Shape Up classes are noted by an orange asterisk next to the registration number, e.g. 160978*.

FIELD TRIPS

Trips depart rain or shine. Trips that involve a hike are on varied terrain, and difficulty is marked by hiking boots-see rating chart on page 47. Be prepared for wet or muddy trails with appropriate clothing and footwear. Bring snacks/lunch unless otherwise noted.

Starbucks Reserve Roastery Tour

\$45

Tour and taste with us at the Starbucks Reserve Roastery on Capitol Hill. Experience a private tour detailing the roasting process from farm to cup. Then enjoy a tasting with the guidance of a Starbucks Certified Coffee Master. Lunch on your own after onsite at Princi or a nearby restaurant.

Northbound

34255 4/8 Wed 10 a.m.-2 p.m.

12 Visit us on the web at [http://www.seattle.gov/parks/find/lifelong-recreation-\(50\)](http://www.seattle.gov/parks/find/lifelong-recreation-(50))

FIELD TRIPS

Skagit Valley Tulip Festival \$39

The Skagit Valley Tulip Festival is a northwest tradition. We will visit Roozengaarde to see their 5-acre display garden and vast, colorful fields. Then enjoy lunch on your own in downtown La Conner. A quick stop by Snow Goose Produce will complete our day.

Northbound

34254 4/22 Wed 9 a.m.-3 p.m.

Jazz Alley Luncheon \$10

Enjoy the comfort and elegance of the nation's third longest running dinner club, Dimitriou's Jazz Alley, with a little history, entertainment, and a three-course meal. *Please bring cash for tips. Participants meeting at the venue must register using activity number 35709. Register by 5/4.*

Southbound

35655 5/12 Tue 11 a.m.-2 p.m.

Meerkerk Gardens \$39

Travel by ferry to explore south Whidbey Island. We will visit Meerkerk Gardens, a 53-acre ornamental garden renowned for its collection of rhododendrons. Next stop at Greenbank Farm to visit shops and take in views. *Bring a sack lunch to enjoy at one of our stops or purchase lunch on your own in Greenbank.*

Northbound

34256 5/27 Wed 9 a.m.-3 p.m.

Tahoma Vista Fiber Mill \$59

Spend a day in the country at a working alpaca ranch and fiber mill. Learn how raw alpaca fiber is turned into a finished product during a 90-minute in-depth tour. *Lunch on your own after the tour.*

Northbound

34252 6/3 Wed 9:30 a.m.-3:30 p.m.

Lunch Club

Explore the hottest restaurants in town, and out! Register ahead of time and BRING CASH; separate checks not always available; expect 17-20% gratuity on your bill. Lunch on your own.

Lunch Club departure sites will now follow field trip departure sites of Northbound and Southbound.

Salt and Iron \$\$\$ \$10

Steakhouse
Northbound

34272 4/29 Wed 11 a.m.-2:30 p.m.

Pac Island Grill \$\$ \$10

Hawaiian BBQ
Northbound

34271 5/20 Wed 11 a.m.-2:30 p.m.

Calcutta Grill \$\$-\$\$\$ \$10

Northwest
Southbound

34270 6/17 Wed 11 a.m.-2:30 p.m.

Join us on our field trip to Meerkerk Gardens to see some fantastic rhododendrons!



SOCIAL PROGRAMS

Games

Drop-In Bridge

Enjoy a game of bridge.

Magnolia Wed 9 a.m.-Noon Free

Movies

Lunch and a Movie at Loyal Heights

Enjoy movies as they were meant to be seen—on the big screen! A scrumptious lunch is provided! Advance registration required. Max 16.

Location: Loyal Heights

Downton Abbey

PG | 2 h 2 min | Drama, Romance

The continuing story of the Crawley family, wealthy owners of a large estate in the English countryside in the early twentieth century.

34274 4/9 Thu 11:30 a.m.-2 p.m. \$10

Judy

PG-13 | 1 h 58 min | Biography, Drama, History

Legendary performer Judy Garland arrives in London in the winter of 1968 to perform a series of sold-out concerts.

34273 5/14 Thu 11:30 a.m.-2 p.m. \$10

A Beautiful Day in the Neighborhood

PG | 1 h 48 min | Biography, Drama

Based on the true story of a real-life friendship between Fred Rogers and journalist Tom Junod.

34275 6/11 Thu 11:30 a.m.-2 p.m. \$10

ARTS AND HANDWORK

Drop-In Adult Art Club

Bring your supplies and join others to create your own project.

Loyal Heights Fri 12:30-3 p.m. Free

Watercolor at Magnolia

If you have never picked up a brush before or are an experienced watercolorist, our classes are right for you. Bring your own paints and brushes. Individual instructors will provide materials list. In this class a demonstration is taught after each lesson with instruction.

Magnolia
34285 4/6-6/15 Mon 9:30 a.m.-12:30 p.m. S Kahler \$95

LIFELONG LEARNING

Stroke Awareness/Hands-Only CPR

Learn about hands-only CPR and how to recognize the signs of stroke. You will come away with the ability to recognize serious medical emergencies, and to communicate and collaborate with 9-1-1 dispatchers. This is a general education course for seniors and is not a certification class. Brought to you by King County EMS.

Ballard

35656 4/28 Tue 1-2 p.m. Free

Bitter Lake

35657 6/9 Tue 10:30-11:30 a.m. Free

Medication Management Tips and Tricks

Join the Washington Poison Center in a presentation on practicing safe and effective medication use. Learn about common sources of medication errors and adverse drug reactions, and dive into discussion on vitamins, cannabis, and opioids. Discover easy strategies to prevent accidents from happening, and receive materials, resources, and swag to use in your medication management practices.

Bitter Lake

36587 5/5 Tue 1-2:30 p.m. Free

VOLUNTEER



Helping Hands Food Lifeline—Free

This is a simple, 3-hour, volunteer shift helping to feed the hungry at the Ballard Food Bank.

Bring a sack lunch for afterward. Wear closed-toe shoes.

Departure sites: Bitter Lake CC at 9:25 a.m.

Ballard CC at 9:45 a.m.

34263 4/21 Tue 9:45 a.m.-1:45 p.m.

34264 5/19 Tue 9:45 a.m.-1:45 p.m.

34265 6/16 Tue 9:45 a.m.-1:45 p.m.

DROP-IN SPORTS

Drop-In Pickleball—Free

Ballard

All Levels T/Th 9:30-11:30 a.m.

Bitter Lake

Advanced T/F 10 a.m.-1 p.m.

Loyal Heights

All Levels Fri Noon-2 p.m..

Magnolia

All Levels Mon 11 a.m.-1 p.m.

Pickleball Skills

Pickleball Skills

Learn pickleball basics or brush up on your skills. This popular sport combines elements of badminton, tennis, and table tennis. Ideal for beginning or intermediate players.

Loyal Heights

34276* 4/10-6/19 Fri 10:30 a.m.-Noon M Anderson \$33



Get your feet moving in line dance!

Register online at www.seattle.gov/parks

FITNESS CLASSES

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

NOTE: Green Lake CC is closed for maintenance and will not run spring classes this year.

Aerobics and Dance

Fabulously Fit

Learn how to improve endurance, strength, agility, core, balance, flexibility, and range of motion.

Magnolia

34250	4/6-6/22	Mon	8-9 a.m.	K Adolphsen	\$55
34251	4/8-6/24	Wed	9-10:15 a.m.	K Adolphsen	\$75
34249	4/10-6/26	Fri	8-9 a.m.	K Adolphsen	\$60

Juicy Joints Aerobics

Learn fluid, stretchy movements that get your heart going, build your balance, and make your joints juicier! The second half includes toning with free weights and exercise for injury prevention.

Bitter Lake

34267*	4/7-6/16	Tue	9:05-10:05 a.m.	J Rayer	\$55
34266*	4/9-6/18	Thu	9:05-10:05 a.m.	J Rayer	\$55

Line Dance

Work out your mind and body. Learn new dance patterns to all kinds of great music.

Bitter Lake

Beginner

34268*	4/6-6/15	Mon	Noon-1 p.m.	M Chen	\$50
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Intermediate

34269*	4/6-6/15	Mon	10:45-11:45 a.m.	M Chen	\$50
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Nia Moving to Heal

Improve your balance, strength, and mobility. This gentle fitness class is designed for those with long-term or chronic illness and individuals with short-term personal healing goals. Taught to inspiring music with adaptable movements from dance, martial arts, and healing arts. Participants can stand, sit, or a combination of both.

Magnolia

34290	4/9-6/18	Thu	10:30-11:30 a.m.	L Browdy	\$55
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*Class qualifies for \$10 off **SHAPE UP COUPON** if you are a new student.

FITNESS CLASSES

STRONG 45

STRONG 45 is a high-energy workout. The class combines cardio, strength training, and muscle endurance movements synced to original music. In a 45-minute class you will burn calories while toning arms, legs, abs, and glutes. Moves include lunges, squats, and kickboxing, as well as abdominal work on the floor. Modifications to movements will be demonstrated for less intensity.

Loyal Heights

34292*	4/7-6/16	Tue	5:30-6:15 p.m.	D O'Neill	\$55
34291*	4/9-6/18	Thu	5:30-6:15 p.m.	D O'Neill	\$55

Zumba® Gold

Ditch the workout, join the party! Fun is the key ingredient to this low impact Latin inspired dance fitness class. No rhythm required. Try a class and leave happy!

Loyal Heights

34288*	4/7-6/16	Tue	9:30-10:30 a.m.	D O'Neill	\$55
34287*	4/9-6/18	Thu	9:30-10:30 a.m.	D O'Neill	\$55

Magnolia

34289	4/8-6/17	Wed	10:30-11:30 a.m.	M Jorgensen	\$55
34286	4/10-6/19	Fri	10:30-11:30 a.m.	M Jorgensen	\$55

Strength and Conditioning

Chair Strength and Tone

Strengthen and tone all muscle groups for improved health and fitness in this low-level fitness class. Great for those who are just starting an exercise regimen, or those who need to stay fit but need the security of a chair.

Bitter Lake

34237*	4/6-6/15	Mon	1:30-2:15 p.m.	D Dragovich	\$42
34238*	4/9-6/18	Thu	1:30-2:15 p.m.	D Dragovich	\$42

Circuit Training

Become a stronger you! Circuit training strengthens your major muscle groups as you rotate among training stations.

Loyal Heights

34242*	4/7-6/16	Tue	9:30-10:30 a.m.	R Buyce	\$55
34241*	4/8-6/17	Wed	9:30-10:30 a.m.	R Buyce	\$55
34240*	4/9-6/18	Thu	9:30-10:30 a.m.	R Buyce	\$55
36314*	4/9-6/18	Thu	10:30-11:30 a.m.	R Buyce	\$55

Bitter Lake

34239*	4/10-6/19	Fri	10-11 a.m.	R Buyce	\$55
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EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. *Free to Kaiser Permanente members with Part B Medicare coverage. Online registration is not available for KP members or Silver and Fit members, please register in person or over the phone. Note, Silver and Fit members are limited to 10 visits a month.*

Magnolia

34244	4/6-6/22	Mon	12:30-1:30 p.m.	K Adolphsen	\$55
34245	4/8-6/24	Wed	12:30-1:30 p.m.	K Adolphsen	\$60
34243	4/10-6/26	Fri	12:30-1:30 p.m.	K Adolphsen	\$60

SAIL: Stay Active and Independent for Life

Improve your strength and balance with the SAIL program. Performing exercises that improve strength, balance, and fitness are the single most important activity that adults can do to stay active and reduce their chance of falling. Exercises can be done seated or standing. *No class Tuesday 4/14; no class Thursday 4/16.*

Ballard

34280	4/7-6/16	Tue	11:30 a.m.-12:30 p.m.	K Franklin	\$50
34279	4/9-6/18	Thu	11:30 a.m.-12:30 p.m.	K Franklin	\$50

*Class qualifies for \$10 off **SHAPE UP COUPON** if you are a new student.

FITNESS CLASSES

Tai Chi and Qigong

Tai Chi

Maintain and restore bone mass, equilibrium, and poise, while playfully exploring vital energy.

Loyal Heights

34281* 4/10-6/19 Fri 11:30 a.m.-12:30 p.m. C Tan \$55

Qigong and Tai Chi

Qigong and Tai Chi bring great benefits for fitness, disease prevention, and improved balance. Qigong is the foundation of Tai Chi, as it develops the internal side of Tai Chi. This class teaches Tai Chi Qigong and Yang Tai Chi short form.

Loyal Heights

34278* 4/10-6/19 Fri 12:30-1:20 p.m. C Tan \$55



Yoga and Pilates

We have a limited supply of yoga gear for new participants. We recommend that you bring your own equipment.

Yoga

Stretch and move with awareness, correct alignment and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, and peace of mind. Non-flow style.



Gentle Yoga

Bitter Lake

34259* 4/8-6/17 Wed 9:30-10:30 a.m. H Mair \$61

Loyal Heights

34258* 4/6-6/15 Mon 10-11 a.m. R MacDonald \$55

34257* 4/10-6/19 Fri 10:15-11:15 a.m. J Green \$61

Vini Yoga

Ballard No Class 4/15

34284 4/8-6/17 Wed 9:45-10:45 a.m. A Mason \$55

Magnolia

34283 4/10-6/19 Fri 9:15-10:15 a.m. L Dunbar \$61

Pilates

Stabilize and strengthen the core muscles of your abdominals and back while improving your flexibility and posture.

Loyal Heights

34277* 4/6-6/15 Mon 11:30 a.m.-12:30 p.m. D Dragovich \$50

Class qualifies for \$10 off **SHAPE UP COUPON if you are a new student.*



Robin Brannman
Northeast
Recreation Specialist

206-386-9106 / cell 206-300-2043
robin.brannman@seattle.gov

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 58. For accommodation requests, please call 206-386-9094.

TRIPS

Departure Site Request:

At the time of registration you will select your departure location from the available options. We do our best to proceed with our trips as planned; at times it is necessary to make changes to the times, cost, and destination. Please refrain from wearing fragrances.

TRIPS

DEPARTURE SITES AND TIMES

Magnuson Brig

(Bldg 406) 6344 NE 74th St.
30 minutes before time listed.

Meadowbrook Community Center

10517 35th Ave. NE
15 minutes before time listed.

Northgate Mall **Note location!**

Elevators near Nordstrom Rack, at parking lot level. Departure at time listed.

SCHOLARSHIPS

Complete your June 2019-June 2020 application prior to spring registration on 3/3, and your June 2020-June 2021 application prior to summer registration on 5/5. See page 58 for details.

NOTE: Magnuson Brig is scheduled for renovation, and this may affect the room location of your class. We will notify participants and teachers by email and post signs.

BACK IN MOTION

Our Back in Motion programs provide fitness classes and educational programs for people with chronic pain, or who are new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

RAINBOW RECREATION

Programs for LGBTQ, friends, and allies.

FIELD TRIPS

Trips depart rain or shine. Trips that involve a hike are on varied terrain, and difficulty is marked by hiking boots-see rating chart on page 47. Be prepared for wet or muddy trails with appropriate clothing and footwear. Bring snacks/lunch unless otherwise noted.

PNB Tour, Costumes, and a Bit of Movement

\$20

Visit Pacific Northwest Ballet and enjoy a tour of the costume shop, observe professional dances, the possibility of meeting a professional dancer—rehearsal schedule pending, and a movement experience (completely accessible, with a teaching-artist that specializes in working with seniors). Wear clothes you can move in. *Lunch on your own following.*

25992 4/6 Mon 9 a.m.-2 p.m.

Shoreline History and Local Food Production

\$14

Immerse yourself in the Shoreline Historical Museum. View personal stories from recent immigrants about putting down new roots and "coming to America". You will hear *A History of Locally Produced Food*, presented by Diggin' Shoreline. This will be a fascinating look at our neighborhoods as told from the unique perspective of Shoreline and Lake Forest Park historical food production. The presentation is both anecdotal and informative, a talk gardeners and history buffs alike are sure to enjoy. *Lunch on your own.*

25994 4/15 Wed 9:30 a.m.-1:30 p.m.

FIELD TRIPS

Earth Day Service Project

Free

Celebrate the 50th anniversary of Earth Day by participating in a work party at Carkeek Park. NE seniors will partner with our Special Population Youth Unit led by Jill Ellison, former Sound Steps organizer. Tools provided. *Lunch on your own nearby.* Become inspired: <https://www.earthday.org/earthday/countdown-to-2020>.

33079 4/17 Fri 9:30 a.m.-2:30 p.m.

Spring Meditation and Forest Bathing \$48

Take a tour of the "Mind and Meditation Center" in Redmond, followed by your own picnic lunch at the Redmond Watershed Preserve. We'll enjoy a stroll on beautiful forested trails while being guided through Mindfulness and Shinrin-yoku (Japanese Forest Bathing) to restore mind, body, and spirit. Herbal tea will be served as we gather before departing for Seattle. *Bring your own picnic lunch.*

32941 4/29 Wed 9:30 a.m.-2:30 p.m.

SAM Friday Focus

\$14

Visit Seattle Art Museum for a program presented by SAM's Curator of Japanese and Korean Art—Ziaojin Wu. Wu will discuss the exhibition *Exceptionally Ordinary: Mingei 1920-2020*, and how the Mingei movement elevated functional, everyday crafts to art objects. After the program, visit the galleries with a fresh perspective and deeper understanding of the exhibit. We will meet up with our Lifelong Recreation partners from SE Seattle. Admission included. *Lunch on your own. Northgate and Lake City departures only.*

25995 5/1 Fri 10 a.m.-3 p.m.

Transit Adventure Club Bothell

\$7

We head to Bothell! In the last 5 years Bothell has exploded. Explore the new shops and the old favorites.

28011 5/4 Mon 9 a.m.-3 p.m.

Jazz Alley Luncheon

\$10

Enjoy the comfort and elegance of the nation's third longest running dinner club, Dimitriou's Jazz Alley, with a little history, entertainment, and a three-course meal. *Bring cash for tips (strongly encouraged). Participants meeting at the venue must register using the activity number 35709. Register by 5/4.*

33009 5/12 Tue 11:15 a.m.-1:45 p.m.

Latinx Museum in Burien

\$10

The new SeaMar Museum of Chicano/Latino Culture, first of its kind in the Pacific Northwest, showcases the history of Chicano/as and Latino/as from post war immigration to present time. Lunch following at a choice of local restaurants. *Lunch on your own. Only two pick up sites: Lake City Community Center at 8:30 a.m. and Northgate Nordstrom Rack at 9 a.m.*

25996 5/18 Mon 9 a.m.-2:30 p.m.

Transit Adventure to Bellingham

\$7

Bellingham by public transportation! We start with Sound Transit route #512 and head north, enjoying spring scenery. Bus experts Roger and Scott will manage the details for us on this adventure. Enjoy a couple of hours exploring downtown Bellingham before heading home. *Prior to the trip contact Robin for boarding information.*

25998 6/1 Mon 8 a.m.-6 p.m.

Beethoven at Benaroya

\$45

Seattle Symphony performs Beethoven Festival Symphonies 2 and 7. His 2nd Symphony blazed a path to glory for the young composer, and 7th Symphony celebrates relentless, infectious rhythms. Fee includes admission. *Lunch on your own following.*

25997 6/12 Fri 11 a.m.-4 p.m.

SPECIAL EVENTS

Art Show in the Brig

Lifelong Recreation will be hosting a spring show of art work by our student artists. View the amazing work our seniors create. This event is coordinated to occur the same weekend as Best of the Northwest.

Magnuson

25970 5/2-5/3 Sa-Su Noon-4 p.m.

\$20

Traditional Indian Dance and Cooking Event

Dance and Eat! Experience movement consciousness in East Indian dances from world-renowned performer, Moria Chappell. We'll combine elements of yoga and ancient styles of dance to calm the mind, and relax the body. You'll also enjoy a hands-on session to learn home-style Indian cooking focused on dishes from different regions of India.

Montlake

35610 5/16 Sat 9:30 a.m.-12:30 p.m.

Mohapatra/
Dash \$15

SOCIAL PROGRAMS

Book Clubs

Laurelhurst Book Club

Pick up the latest book at Laurelhurst CC. Meets the third Wednesday every month: 4/15, 5/20, and 6/17.

Laurelhurst

25955 Wed 1-2 p.m. Free

Meadowbrook Book Club

Pick up the latest book at Meadowdale CC. Meets the third Thursday of every month: 4/16, 5/21, and 6/18.

Meadowbrook

25964 Thu 11 a.m.-Noon Free

Games

Drop-In Bridge

Play some bridge, beginner and intermediate levels.

Northgate

All Levels

4/21-6/16 Tue 2-4 p.m. Free

Intermediate

Mon 12:30-2:30 p.m. Free

Drop-In Canasta

Drop in and play canasta.

Meadowbrook

All Levels

5/29-6/19 Fri 10:30 a.m.-12:30 p.m. Free

Canasta Lessons

Canasta is a card game from Uruguay that spread to the United States in the 1950s to became one of the most popular card games in the world. Class size is limited to 8 participants so register early.

Meadowbrook

28421 5/1-5/22 Fri 10:30 a.m.-12:30 p.m. \$8

Drop-In Mahjong

Join friends or make new ones as you try your luck in this game of skill, strategy, and calculation. Free instruction provided at Northgate.

Lake City

5/28-6/18 Thu 9:30 a.m.-12:30 p.m. Free

Northgate Note: Chinese-Style Mahjong

1/8-3/25 Wed 2-6 p.m. P Wan Free

1/9-3/26 Thu 10:30 a.m.-2:30 p.m. P Wan Free

Mahjong Lessons

Mahjong originated in China and was discovered by the West around 1920, immediately becoming popular in the US. It is similar to rummy card games. Rules are based on newly published guidelines from The National Mahjong League. This class introduces beginners to the basic rules and regulations. Class size is limited to 5 participants so register early.

Lake City

28417 4/30-5/21 Thu 9:30-11 a.m. \$20

Lunch Programs

Food and Fitness: East African

Enjoy lunch with social, educational, and fitness programs as you celebrate your culture and language. Call 206-684-4664 with questions, please.

Northgate

Tue 11 a.m.-1 p.m.

ARTS AND HANDWORK

Guided Art Studio

Create your own body of artwork in this 4-hour, mentored studio class for beginning and advanced artists. All mediums welcome, but students must be able to work independently. Individual and group critiques are given by an experienced exhibiting artist. Students are responsible for their own art supplies.

Magnuson

25948 4/10-5/8 Fri 10 a.m.-2 p.m. T Frazer \$110

25949 5/15-6/12 Fri 10 a.m.-2 p.m. S Pope \$110

Impressionism Abstract Painting

Combine abstract art with Impressionism! Learn about composition, values, color mixing, light, brushwork styles, and use the palette knife for more than just mixing color. All levels. No class 4/14.

Lake City

25953 4/7-5/12 Tue 9:30 a.m.-12:30 p.m. C Ailes \$90

25954 5/19-6/16 Tue 9:30 a.m.-12:30 p.m. C Ailes \$90

Painting in Community

Join others to paint as a community of artists in any water medium, using your own supplies. Registration is required.

Magnuson Brig

25971 4/7-6/9 Tue 10 a.m.-Noon \$40

Seattle Parks Sketchers

Explore outdoor sketching using pencil, pen, and watercolor. All levels welcome. During spring and summer we offer instruction. In fall and winter we offer a social independent gathering group. Meets the 2nd Thursday of each month. 6/18 location is TBD.

Ravenna-Eckstein Teen Room

25977 4/9, 5/14, Thu 12:30-2:30 p.m. \$6 and 6/18

Watercolor with Sandra Kahler

Bring your paints, brushes, and joy of painting. There will be a lesson with a demonstration, and personal instruction to further your watercolor skills. All skill levels welcome.

Magnuson Brig

25999 4/2-6/4 Thu 11 a.m.-2 p.m. S Kahler \$95

ESL Conversation Tutoring

Improve your English conversational skills using American informal speaking expressions, and slang. Must have the ability to speak English with basic proficiency. Let's start talking!

Northgate

25933 4/21-6/16 Tue 12:15-1:45 p.m. M Malin Free

Homestyle Indian Cooking

Smitten by the aromas of Indian cuisine and want to prepare Indian food yourself? Honest, simple recipes handed over for generations come to life in this 1.5-hour session, where you will learn about many dishes and diverse cultures from different regions of India.

Meadowbrook

25951 4/11, 5/9, Sat 10:30 a.m.-Noon I Mohapatra \$15 and 6/13

Northgate

25952 4/9, 5/14, Thu 5-6:30 p.m. I Mohapatra \$15 and 6/11

League of Women Voters

The League of Women Voters: Seattle/King County meets to discuss current issues in the city, county, and state. You are welcome to attend without any registration or membership in the organization.

Magnuson

4/15 Wed 12:45-2:45 p.m. Free

Listos, Clic, Avance/Ready, Set, Bank

Learn to use online banking to better manage your money. It's easy, convenient, and secure to find your balance, pay your bills, transfer money and deposit checks, all without going to your bank. *This workshop is a four-part series in Spanish.*

Lake City Community Center

25976 5/1-5/22 Fri 1-2 p.m. Free

Managing Your Move and Gourmet Lunch

Lifelong Recreation and Foundation House at Northgate will host experts Eric Rovner, Founder of HB Move Management and Tom Bernard, Managing Broker at Windermere Ballard, presenting information on both the current real estate market and proven strategies for making a future move much less overwhelming.

Foundation House

33893 4/7 Tue 10:30 a.m.-1 p.m. Free

LIFELONG LEARNING

AARP Driver's Safety

The nation's first and largest refresher course for drivers age 50+ that has helped millions of drivers remain safe on today's roads and, in many cases, receive a discount on insurance rates. \$20 (\$15 for AARP members), payable to instructor at first class. Both sessions are needed to complete the course.

Meadowbrook

33134 4/18-4/25 Sat 9:30 a.m.-1:30 p.m. \$20/\$15 AARP
33135 5/18-5/19 M/T 9:30 a.m.-1:30 p.m. \$20/\$15 AARP

Creative Memoir and Poetry Writing

Discover a gentle supportive approach to writing. With prompts and tips, we will write first drafts in 10-minute sessions, followed by positive feedback. Writing poetry based on the free writes is an option.

Northgate

36243 4/20-6/15 Mon 11 a.m.-12:15 p.m. A Peizer \$48

Creative Writing

Free write in 10-minute increments without worrying about spelling, punctuation, or grammar. Instructor will give a variety of writing prompts, or write about whatever you please. Afterward read your writing to the group (optional) This method will loosen up thoughts and spur creativity while providing highly supportive non-judgmental feedback. *No class 4/17.*

Northgate

25923 4/10-6/19 Fri 1-2:15 p.m. A Peizer \$60

LIFELONG LEARNING

Meal Planning for Independent Living

Chef Steve George of Foundation House at Northgate will facilitate an informal seminar on tips and tricks for easy entrees. Our time will be split between presentation, hands-on food preparation, and Q & A. Come join us ! Must register for this event.

Northgate

33891 5/7 Thu 1-3 p.m. Steve George Free



Medicare 101

Learn Medicare basics, the different premiums and copays in the "Medicare and YOU" handbook and discover how to spend even less on healthcare while having more fun! Join us and learn these valuable skills for managing your financial future. Meets the 2nd and 4th Wednesday of each month.

Northgate

25965 4/8-6/10 Wed 11 a.m.-1 p.m. J Yragui Free

Meditation

Bring peace and happiness into your life through meditation and stress-free living. Learn how to meditate, calm your mind, open your heart, and empower yourself. All are welcome.

Meadowbrook

25966 4/8-5/6 Wed 10-11:30 a.m. M Chin Free



Star Fleet: The Ming Dynasty's Star Rafts Visit the World

How many continents did China "discover" 600 years ago? Did the greatest sea power of the 15th century inspire the Iberian voyages to the west? Jeff Jordan's "Travel in Time" returns with a focus on the fate and fortune of the Ming Dynasty's Star Rafts.

Lake City

35853 4/23 Thu 11:30 a.m.-1 p.m. \$10

Stroke Awareness/Hands-Only CPR

Learn about hands-only CPR and how to recognize signs of a stroke. You will come away with the ability to recognize serious medical emergencies and to communicate and collaborate with 9-1-1 dispatchers. This is a general education course for seniors and is not a certification class. Brought to you by King County EMS.

Northgate

33110 5/5 Tue 10:30-11:30 a.m. Free

Meadowbrook

33100 6/10 Wed 5-6 p.m. Free

Write Your Life Story

Write on your own and share what you've written in class. Small group, warm fellowship, comfortable environment to let your creative juices flow.

Meadowbrook

26002 4/6-6/15 Mon 10 a.m.-Noon \$20

VOLUNTEER

Senior Tennis Volunteers Needed

Seattle Parks & Recreation is looking for senior volunteers to work with youth ages 6-10 in your neighborhood. As a volunteer coach you will lead games, run drills, and organize match play. Training is offered, no teaching or coaching experience necessary. Program begins June 24. Contact Joy at joy.house@seattle.gov or 206-684-4764.

DROP-IN SPORTS

Drop-In Pickleball—Free Unless Noted

Magnuson

All Levels Thu 9:15 a.m.-Noon

Meadowbrook

All Levels Tue 10 a.m.-2 p.m.

Advanced Thu 10 a.m.-2 p.m.

Northgate

All Levels M/F 11 a.m.-2 p.m.

All Levels Tue 6-8 p.m.

All Levels Wed 11 a.m.-1:30 p.m.

Ravenna-Eckstein

All Levels

34812 Mon 9 a.m.-Noon \$27

34813 Wed 9 a.m.-Noon \$33

Intermediate/Advanced

34814 Fri 9 a.m.-Noon \$33

Note: Subject to change during public school breaks.

SPORTS



NEW Bicycle Skills and Meet Up

Re-connect with your bicycle through a presentation reviewing equipment, repair, and clothing. We will also go over bike handling skills, what to expect on the road and trails, and urban cycling hazards to avoid. On 5/7 we will ride north on the Burke Gilman Trail to Lake Forest Park in a 12 mile loop, and on 6/4 we will ride south on the Burke Gilman to Gas Works Park for a 15 mile loop.

Magnuson South Hangar Doors

26005 5/7, 6/4 Thu 10 a.m.-Noon \$10

Register online at www.seattle.gov/parks

FITNESS CLASSES

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

Line Dance

Work out your mind and body. Learn new dance patterns to all kinds of great music.

Magnuson

Beginner

25959 4/8-6/10 Wed Noon-1 p.m. D Hunsaker \$50

25957 4/9-6/11 Thu 6:45-7:45 p.m. L McDonald \$50

Advanced-Beginner

25956 4/7-6/9 Tue 6:30-7:30 p.m. D Hunsaker \$50

25958 4/8-6/10 Wed 11 a.m.-Noon D Hunsaker \$50

Intermediate

25960 4/8-6/10 Wed 10-11 a.m. D Hunsaker \$50

NEW Line Dance—Soul

Not just country! Line dance to an assortment of music genres, including soul, rhythm and blues, and country. Work out your mind and body. Learn new dance patterns to all kinds of great music.

Magnuson

36254 4/10-6/12 Fri 10-11 a.m. M Silver \$50

Northgate

25962 4/23-6/18 Thu 3-4 p.m. S Simmons \$45

Ravenna-Eckstein

35867 4/7-6/9 Tue 9-10 a.m. M Silver \$50

NEW Line Dance Workout—More Than Country

Put on your dancing shoes and take this opportunity to make new friends, socialize and share your love of line dancing. Registrants will be e-mailed a playlist and dance steps beforehand. Hosted by NE line dance instructors, Linda Reese and Denise Hunsaker. Adults and seniors. All levels. Please bring a potluck finger food to share.

Northgate

34428 5/30 Sat 12:30-2:30 p.m. Reese/Hunsaker \$12

FITNESS CLASSES

Nia Dance Fitness

Experience the joy of movement. Nia is inspired by jazz, martial arts, and yoga, and is set to soul-stirring music.

Meadowbrook

25968 4/10-6/19 Fri 10-11 a.m. N Scher \$61

Nia Moving to Heal

Improve your balance, strength, and mobility. This gentle fitness class is designed for those with long-term or chronic illness and individuals with short-term personal healing goals. Taught to inspiring music with adaptable movements from dance, martial arts, and healing arts. Participants can stand, sit, or a combination of both.

Meadowbrook

25969 4/10-6/19 Fri 11:15 a.m.-12:15 p.m. N Scher \$61

Rock n' Roll Aerobics

Get in shape and have fun with an upbeat fitness class to rock n' roll music that will get your heart rate up, and improve your stamina and flexibility. Class includes isolations, stretching, and strength training. *No class 4/13.*

Northgate

25978 4/6-6/15 Mon 11:15 a.m.-12:15 p.m. Mish Mish \$45



World Beat Dance Aerobics

Get fit and have fun while you exercise to music from around the world combining aerobics with movements inspired by flamenco, belly dance, Bollywood, line dance, and popular Latin moves.

Meadowbrook

26000 4/8-6/17 Wed 10:30-11:30 p.m. Mish Mish \$55

Northgate No class 4/16

26001 4/9-6/18 Thu 10:30-11:30 p.m. Mish Mish \$50

Strength and Conditioning



Body Conditioning

Build total body muscle strength utilizing dynabands, free weights, and fitness balls. *Last class will meet outside.*

Ravenna-Eckstein

25918 4/6-6/15 Mon 9-10 a.m. C Lorenz \$60
25917 4/8-6/17 Wed 9-10 a.m. C Lorenz \$66

NEW Circuit Training

Become a stronger you! Circuit training strengthens your major muscle groups as you rotate among training stations.

Meadowbrook

25936 4/7-6/16 Tue 11:30 a.m.-12:30 p.m. R Buyce \$55

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. *Free to Kaiser Permanente members with Part B Medicare coverage. Online registration is not available for KP members or Silver and Fit members, please register in person or over the phone. Note, Silver and Fit members are limited to 10 visits a month.*

Lake City

25926 4/6-6/15 Mon 9-10 a.m. Mish Mish \$50
25927 4/8-6/17 Wed 9-10 a.m. C House \$55
25925 4/10-6/19 Fri 9-10 a.m. C House \$55

Magnuson

25928 4/7-6/9 Tue 8-9 a.m. J Shearer \$50
25930 4/7-6/9 Tue 9-10 a.m. J Shearer \$50
25931 4/9-6/11 Thu 9-10 a.m. J Shearer \$50
25929 4/10-6/12 Fri 9-10 a.m. Mish Mish \$50

Northgate No class Monday 4/13 and Thursday 4/16

NEW on Monday

30187 4/20-6/15 Mon 1:45-2:45 p.m. M Taplin \$40
25932 4/9-6/18 Thu 1:30-2:30 p.m. M Taplin \$50

FITNESS CLASSES

Exercise to Improve Balance

Regain and improve your balance by working on core strength and routines which will support your balance for life.

Meadowbrook

25934	4/6-6/15	Mon	10:30-11:20 a.m.	C Lorenz	\$55
36875	4/6-6/15	Mon	11:30 a.m.-12:20 p.m.	C Lorenz	\$55

Fit Plus

Stretch your boundaries and work a little harder to improve your overall fitness using cardiovascular and strength training exercises.

Magnuson Brig

25935	4/9-6/11	Thu	8-9 a.m.	J Shearer	\$55
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Fun FIT!

Increase strength, decrease body fat, and improve overall conditioning in this FUNdamental FITness class. You will focus on the essentials: cardio, strength training, and proper cool down techniques which includes stretching.

Meadowbrook

25937	4/7-6/16	Tue	6-7 p.m.	M Tulio	\$66
25938	4/9-6/18	Thu	6-7 p.m.	M Tulio	\$66

Strength and Conditioning

Build strength, flexibility, balance, and achieve better overall conditioning.

Laurelhurst

25979	4/10-6/19	Fri	7:45-8:45 a.m.	J Shearer	\$61
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Magnuson Brig

25980	4/8-6/10	Wed	7:45-8:45 a.m.	J Shearer	\$55
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Tai Chi and Qigong

Tai Chi

Maintain and restore bone mass, equilibrium, and poise, while playfully exploring vital energy.

Laurelhurst

All Levels

25984	4/7-6/16	Tue	12:45-1:45 p.m.	R Friedman	\$55
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Advanced*

	4/9-6/18	Thu	Noon-1 p.m.	R Friedman	Free
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* Instructor permission required—please contact Laurelhurst CC to register.

Meadowbrook

All Levels

25983	4/8-6/17	Wed	5:30-6:30 p.m.	E Baxa	\$55
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Beginner

25982	4/9-6/18	Thu	12:45-1:45 p.m.	A Ross	\$55
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Intermediate

25987	4/9-6/18	Thu	1:45-2:45 p.m.	A Ross	\$55
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Tai Chi and Qigong

This relaxing and meditative class combines qigong moves with the original beginning steps of short form tai chi from the lineage of Master Cheng Man-Ch'ing. Both help restore ease of movement, balance, stability, relaxation, alignment, subtle strength, and stamina. Movements are slow and fluid.

Introduction

Northgate No class Monday 4/13 and Friday 4/17

25985	4/6-6/15	Mon	12:30-1:30 p.m.	A Peizer	\$45
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25990	4/10-6/19	Fri	2:30-3:30 p.m.	A Peizer	\$50
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Continuing

Must have taken one session from Annette Peizer.

Magnuson Brig

25989	4/8-6/10	Wed	10:15-11:15 a.m.	A Peizer	\$50
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FITNESS CLASSES

Yoga and Pilates

We have a limited supply of yoga gear for new participants. We recommend that you bring your own equipment.

Yoga

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, and peace of mind. Non-flow style.

Chair Yoga

Chair yoga is adapted for individuals with mobility challenges.

Ravenna-Eckstein

25920 4/21-6/9 Tue 5:15-6:15 p.m. D Bailey \$44

GentleYoga

Magnuson Brig

25946 4/6-6/8 Mon 10-11 a.m. M McFadden \$50

25945 4/7-6/9 Tue 10-11 a.m. J Robin \$55

25944 4/9-6/11 Thu 5:30-6:30 p.m. D Bailey \$55

Meadowbrook

25939 4/6-6/15 Mon 9-10 a.m. H Mair \$55

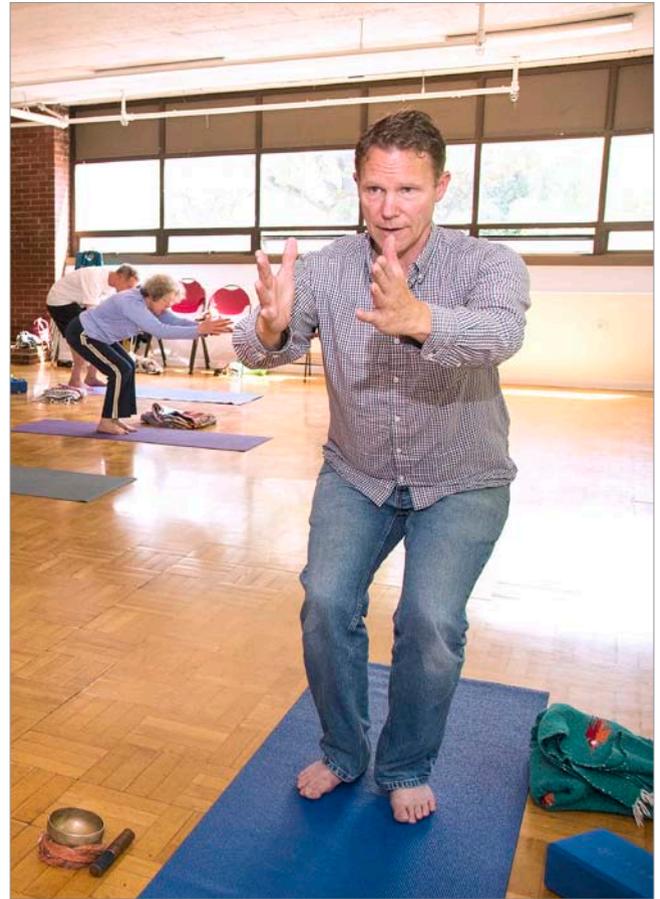
25940 4/8-6/17 Wed 9-10 a.m. J Robin \$61

25941 4/11-6/13 Sat 9-10 a.m. H Mair \$55

Ravenna-Eckstein **NEW on Thursday**

30188 4/9-6/11 Thu 9-10 a.m. F Marazzi \$55

25947 4/10-6/12 Fri 9:30-10:30 a.m. J Robin \$55



NEW Gentle Yoga—An Afternoon Sampler

Northgate

25986 5/4-6/15 Mon 3-4 p.m. F Marazzi \$33

Pilates

Stabilize and strengthen your abdominal and back muscles while improving your flexibility, balance, posture, and overall strength.

Magnuson Brig

25972 4/9-6/4 Thu 11:30 a.m.-12:30 p.m. D Dragovich \$50

Northgate No class Wednesday 4/15 and Thursday 4/16

25973 4/8-6/17 Wed 11:30 a.m.-12:30 p.m. D Dragovich \$55

25975 4/9-6/18 Thu 5-6 p.m. D Dragovich \$55

Ravenna-Eckstein

25974 4/7-6/9 Tue 11:30 a.m.-12:30 p.m. D Dragovich \$55



Amy Voros
Central
Acting Recreation Specialist

206-684-4240 / cell 206-450-9522
amy.voros@seattle.gov

SCHOLARSHIPS

Complete your June 2019-June 2020 application prior to spring registration on 3/3, and your June 2020-June 2021 application prior to summer registration on 5/5. See page 58 for details.

BACK IN MOTION

Our Back in Motion programs provide fitness classes and educational programs for people with chronic pain, or who are new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

RAINBOW RECREATION

Programs for LGBTQ, friends, and allies.

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 58. For accommodation requests, please call 206-386-9094.

TRIPS

Departure Site Request:

At the time of registration you will select your departure location from the available options. Your site will be confirmed 3-5 days beforehand. We do our best to proceed with our trips as planned; at times it is necessary to make changes to the times, cost, and destination. Please refrain from wearing fragrances.

TRIPS

NEW DEPARTURE SITES

Garfield CC—2323 E Cherry St.
Queen Anne CC—1901 1st Ave. W
***IDCC**—719 8th Ave. S
(International District China Town)
***Miller CC**—330 19th Ave. E
**May be available upon request, call for information.*

NEW DEPARTURE TIMES

NORTHBOUND TRIPS:

Garfield: 30 minutes before time listed.

Queen Anne CC: At time listed.

SOUTHBOUND TRIPS:

Garfield CC: At time listed.

Queen Anne: 30 minutes before time listed.

FIELD TRIPS

Trips depart rain or shine. Trips that involve a hike are on varied terrain, and difficulty is marked by hiking boots-see rating chart on page 47. Be prepared for wet or muddy trails with appropriate clothing and footwear. Bring snacks/lunch unless otherwise noted.

Tour of Husky Stadium

\$18

Husky fans can now get an inside look at the "greatest setting in college football," HUSKY STADIUM. Tour starts in front of Alaska Airlines Arena (Hec Ed Pavilion). A tour leader will walk us through Husky Hall of Fame, down the football tunnel out onto the field, and we will experience areas of Husky Stadium not open to the general public. *Lunch on your own nearby before the tour.*

Southbound

33958 4/14 Tue 10:30 a.m.-3 p.m.

Hiking and Lunch in Snoqualmie

\$25

Snoqualmie Falls Trail is a 1.3 mile out-and-back trail located near the town of Snoqualmie, is good for all skill levels, and features a waterfall. We will stop for lunch or refreshments in the town of Snoqualmie after working up a good appetite on this short excursion. *Lunch on your own.*

Southbound

33962 4/28 Tue 9 a.m.-3:30 p.m.

FIELD TRIPS

Boeing Manufacturing Plant \$48

The Future of Flight Aviation Center and Boeing Tour is located in Mukilteo, 25 miles north of Seattle. The facility is home to the 747, 767, 777, and 787 Dreamliner production lines and is the world's largest building by volume. Visitors will see airplanes being built for our worldwide base of airline customers. Explore the museum exhibits after the tour. We will take a pause at the café before heading back to Seattle. *Please note you will walk up and down two steep flights of stairs at each end of the factory and walk through two large tunnels, the first 0.3 miles (0.5 km) round trip, the second shorter. Lunch on your own.*

Southbound

33959 5/5 Tue 9:30 a.m.-3 p.m.

Jazz Alley \$10

Enjoy the comfort and elegance of the nation's third longest running dinner club, Dimitriou's Jazz Alley, with a little history, entertainment, and a three-course meal. *Please bring cash for tips. Participants meeting at the venue must register using activity number 35709. Register by 5/4.*

Northbound

34489 5/12 Tue 11 a.m.-2 p.m.

Pt. Defiance Rhododendron Garden \$18

Designed as a natural display of rhododendrons in the wild, this garden is nestled in a stand of old growth forest. Trails wind through the forest and intersect the garden. The nearly five-acre site was established in 1968 in cooperation with the Tacoma Chapter of the American Rhododendron Society, which continues to provide support. *Lunch on your own nearby.*

Southbound

33961 5/19 Tue 9:45 a.m.-3:15 p.m.

Mt. Rainier Train Ride and Logging Museum \$80

Hop on board a historic steam train and ride through the Nisqually Valley across the scenic forests and foothills of Mt. Rainier. Our ride will stop at a museum featuring the most comprehensive collection of steam powered logging locomotives in North America. Light refreshments available for purchase. *Bring a sack lunch.*

Southbound

34493 5/29 Fri 8 a.m.-3:30 p.m.

Interbay Mini Golf and Pub Lunch \$22

Join us for a rollicking game of mini golf at Interbay Golf Center followed by a pub-style lunch. The first miniature golf course in the world was the Men's Putting Club of St Andrews in Scotland, founded in 1867. Our course isn't that old, but we'll play 18 holes of mini golf and then head off to lunch nearby to refresh ourselves. Admission included. *Lunch on your own.*

Northbound

34511 6/9 Tue 9:30 a.m.-2 p.m.

Day Trip to Port Townsend \$65

Port Townsend is steeped in fascinating history, from its early Native American roots to its Victorian architecture and maritime legacy, boasting two National Historic Landmark Districts. We will make several stops including the Jefferson County Historical Society (admission included in price). *Lunch on your own.*

Northbound

34510 6/16 Tue 8:30 a.m.-6:30 p.m.

SPECIAL EVENTS



Traditional Indian Dance and Cooking Event

Dance and Eat! Experience movement consciousness in East Indian dances from world-renowned performer, Moria Chappell. We'll combine elements of yoga and ancient styles of dance to calm the mind, and relax the body. You'll also enjoy a hands-on session to learn home-style Indian cooking focused on dishes from different regions of India.

Montlake

36174 5/16 Sat 9:30 a.m.-12:30 p.m. Mohapatra/Dash \$15

SOCIAL PROGRAMS

Book Clubs

NEW Marcus Garvey Book Club

Books are the foundation of knowledge. Come join facilitators Reverend Harriett Walden and Erik Stark of the Family Empowerment Institute. Each month covers a new book focusing on local, cultural, historical, and African American topics. For more information call 206-380-1710.

Garfield

Tue 6-8 p.m. Free

Games

Drop-In Bridge

Drop-In play for bridge players.

Montlake Ends 6/12

All Levels Fri 1-4 p.m. Free

Queen Anne

Intermediate: Play is semi-coordinated. Please contact volunteer coordinator Joan Johnson at 206-286-1433.

Tue 12:30-3:30 p.m. Free

Drop-In Mahjong

Our groups are willing to teach new players! Drop in and play this fun game using Chinese tiles. Stay and play, the more the merrier! Bring your mahjong set if you have one. American-style.

Queen Anne Fri 1:30-4 p.m. Free

Senior Games

Come enjoy mahjong and table tennis.

IDCC T/F 2:30-5:30 p.m. Free

IDCC Sat Noon-2 p.m. Free

Lunch Programs

Food and Fitness: Korean and Vietnamese

Enjoy lunch with social, educational, and fitness programs as you celebrate your culture and language. Call 206-684-4664 with questions, please.

Korean Food and Fitness

Miller Tue/Fri 11 a.m.-12:30 p.m.

Vietnamese Food and Fitness

Garfield Tue/Fri 10 a.m.-1 p.m.

ARTS AND HANDWORK

Crafty Ladies

Drop-in knitting, crochet, needlepoint, or quilting.

Queen Anne Thu 1:15-4 p.m. Free

Reader's Theater

The 50+ Readers Theatre has been part of Seattle Parks Life Long Recreation program since 2006. We rehearse for 10 weeks and present 5 performances at 5 local retirement communities. There is no audition as we welcome all, and no memorization is required. Please become a member of the cast for this delightful comedy.

Garfield

35459 4/1-6/8 Wed 1-3 p.m. \$25



Beginning Oil Painting

Working from life and photos, this beginning class covers all you need to get started in oil painting—materials, color mixing, paint application working in thin to thicker layers alla prima (direct painting). Oil supplies can be minimal—canvas pads or gessoed paper mat board for surfaces, 3 synthetic bristle brushes, and a warm, and cool of primary colors, plus white.

Montlake

33896 4/17-5/8 Fri 1:15-4:15 p.m. S Waite \$90

33897 5/22-6/12 Fri 1:15-4:15 p.m. S Waite \$90

Seasonal Watercolors

Paint seasonal subjects from life and photos. Practice basic watercolor paint handling techniques as you create your own paintings based upon the lesson and material of the day. Beginners and experienced painters welcome!

Montlake

33949 4/29-5/27 Wed 1-4 p.m. S Waite \$105



Pottery: Senior Handbuilding

Mellow and join us in a relaxing ceramics studio to create hand-built pieces. Weekly demonstrations are featured with one-on-one guidance. No previous experience necessary, all levels welcome. Includes one bag of clay and open studio time during class duration.

Montlake

35231 4/13-6/1 Mon 10:15 a.m.-12:15 p.m. T Fox \$210

Pottery: Senior Wheel

Mellow and join us in a relaxing ceramics studio to create cups, bowls, and vases on the potter's wheel. Weekly demonstrations are featured with one-on-one guidance. No previous experience necessary, all levels welcome. Includes one bag of clay and open studio time during class duration.

Montlake

35234 4/15-6/3 Wed 10:15 a.m.-12:15 p.m. T Fox \$240

LIFELONG LEARNING

Stroke Awareness/Hands-Only CPR

Learn about hands-only CPR and how to recognize the signs of stroke. You will come away with the ability to recognize serious medical emergencies, and to communicate and collaborate with 9-1-1 dispatchers. This is a general education course for seniors and is not a certification class. Brought to you by King County EMS.

Miller

33952 4/15 Wed 6:30-7:30 p.m. Free

Queen Anne

33953 6/11 Thu 10-11 a.m. Free

Architectural Trauma: The Weeping of the Soul

What happens to people and communities when the places they know are gone? Deep sadness develops and we don't know how to cope. Seattle has been impacted greatly not just from a racial standpoint, but also from a class standpoint. Join Reverend Harriett Walden for a lecture and discussion. She is a long-time Central Area resident and is active in her community.

Garfield

36854 4/29 Wed 10:30 a.m.-Noon Free

Medication Management Tips and Tricks

Join the Washington Poison Center in a presentation on practicing safe and effective medication use. Learn about common sources of medication errors and adverse drug reactions, and dive into discussion on vitamins, cannabis, and opioids. Discover easy strategies to prevent accidents from happening, and receive materials, resources, and swag to use in your medication management practices.

Montlake

36569 5/11 Mon 1-2:30 p.m. Free



DROP-IN SPORTS

Drop-In Pickleball—Free

IDCC

Int/Adv Mon 6-8:45 p.m.

Miller

All Levels Mon Noon-3 p.m.

All Levels Fri 9 a.m.-Noon

Montlake

All Levels Sat 10:30 a.m.-12:30 p.m.

Queen Anne

All Levels Wed 11:30 a.m.-1:30 p.m.



Drop-In Table Tennis—Free

Garfield T/F 10:30 a.m.-1:30 p.m.

Drop-In Table Tennis/Ping Pong

IDCC M/W/F 1-2:30 p.m. and 6-8:45 p.m. \$3 (\$2/65+)

IDCC Sat 2-4:45 p.m. \$3 (\$2/65+)

Pickleball—Skills

Pickleball Skills

Improve your on-court skills and boost your confidence in your playing ability. New students welcome, no equipment required.

Miller

33979 4/17-6/12 Fri 12:30-1:30 p.m. \$25

**Drop-In to the
VIETNAMESE SENIOR ASSOCIATION
at Garfield CC**

Tuesdays and Fridays

Line Dance 10-11 a.m.

Stick Tai Chi 11-11:30 a.m.

Lunch possible with advance request and \$5.

FREE and Open to All

FITNESS CLASSES

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

Senior Aerobics

Relieve your stress with an upbeat fitness class. Aerobics can improve your heart rate, blood pressure, and breathing.

Queen Anne

33950 4/6-6/15 Mon 10:30-11:30 a.m. M Tapin \$50

Drop-In Chinese Dance

Move with grace to traditional Chinese music in this instructor-led class.

IDCC T/Th 10 a.m.-1 p.m. \$3 (\$2/65+)

Dance for Parkinson's

Explore dance movements in a welcoming environment with live music, stretch and strengthen muscles while focusing on balance and rhythm. You will stretch and strengthen muscles, focusing on balance and rhythm. Our professional dancers use thought, imagination, eyes, ears, and touch to control movement while standing or seated. *Registration with NW Parkinson's Foundation also required at www.nwpcf.org.*

Garfield

33903 3/19-5/14 Thu 11:15 a.m.-12:45 p.m. Free

Line Dance

Work out with your mind and body. Learn new dance patterns to some great music. Please note the Beginner Plus class is 30 minutes.

Queen Anne

Beginner

33947 4/9-6/18 Thu 6:15-7:15 p.m. C Banta \$55

Beginner Plus

33948 4/9-6/18 Thu 7:15-7:45 p.m. C Banta \$28

Drop-In Line Dance

IDCC M/F 11 a.m.-12:30 p.m. \$3 (\$2/65+)

FITNESS CLASSES

STRONG by Zumba®

Using only your body weight, test your strength and stamina. This is a high intensity interval training class that works your entire body. Bring a towel, mat, comfortable athletic shoes, and a water bottle.

Queen Anne

33954 4/10-6/19 Fri 12:15-1:15 p.m. V Hiegel \$55

Zumba® Gold

Ditch the workout, join the party! Fun is the key ingredient to this low impact Latin inspired dance fitness class. No rhythm required. Try a class and leave happy!

Garfield

33969 4/9-6/18 Thu 6:30-7:30 p.m. S Foran \$55

Queen Anne

33967 4/6-6/15 Mon 9:45-10:45 a.m. S Price \$50

33968 4/8-6/17 Wed 9:45-10:45 a.m. S Price \$55

Strength and Conditioning

Arthritis Exercise Program

An exercise program done primarily sitting in chairs and designed for people just beginning an exercise program, or who have arthritis.

Queen Anne

33894 4/8-6/17 Wed 11:45 a.m.-12:45 p.m. S Dwyer-Shick \$55

33895 4/10-6/19 Fri 11:45 a.m.-12:45 p.m. S Dwyer-Shick \$55

Circuit Training

Become a stronger you! Circuit training strengthens your major muscle groups as you rotate among training stations.

NEW Garfield

33902 4/10-6/19 Fri 10:15-11:15 a.m. TBD \$66

Queen Anne

33901 4/14-6/16 Tue 9:30-10:30 a.m. C Lorenz \$60

33898 4/14-6/16 Tue 10:45-11:45 a.m. C Lorenz \$60

33900 4/16-6/18 Thu 9:30-10:30 a.m. C Lorenz \$60

33899 4/16-6/18 Thu 10:45-11:45 a.m. C Lorenz \$60

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. *Free to Kaiser Permanente members with Part B Medicare coverage. Online registration is not available for KP members or Silver and Fit members. Please register in person or over the phone. Non-Members can register online. Note, Silver and Fit members are limited to 10 visits a month.*

Location: Kaiser Permanente Capitol Hill Building at 125 16th Ave. E, Level B, Fitness Center.

33910 4/6-6/15 Mon 8-9 a.m. C Grekoff \$50

33911 4/6-6/15 Mon 9:15-10:15 a.m. C Grekoff \$50

33912 4/6-6/15 Mon 10:30-11:30 a.m. C Grekoff \$50

34481 4/6-6/15 Mon 2-3 p.m. G Keeble \$50

33913 4/7-6/16 Tue 8-9 a.m. C Grekoff \$55

33914 4/7-6/16 Tue 9:15-10:15 a.m. C Grekoff \$55

33915 4/7-6/16 Tue 10:30-11:30 a.m. C Grekoff \$55

33916 4/8-6/17 Wed 8-9 a.m. C Grekoff \$55

33917 4/8-6/17 Wed 9:15-10:15 a.m. C Grekoff \$55

33918 4/8-6/17 Wed 10:30-11:30 a.m. C Grekoff \$55

34482 4/8-6/17 Wed 2-3 p.m. G Keeble \$55

33919 4/9-6/18 Thu 8-9 a.m. C Grekoff \$55

33920 4/9-6/18 Thu 9:15-10:15 a.m. C Grekoff \$55

33921 4/9-6/18 Thu 10:30-11:30 a.m. C Grekoff \$55

33922 4/10-6/19 Fri 8-9 a.m. C Grekoff \$55

33923 4/10-6/19 Fri 9:15-10:15 a.m. C Grekoff \$55

33924 4/10-6/19 Fri 10:30-11:30 a.m. C Grekoff \$55

34483 4/10-6/19 Fri 2-3 p.m. G Keeble \$55

NEW Get F.I.T. (Fitness Infused Technology)

Learn the overall benefits of fitness and monitoring using technology to showcase outcomes. Step aerobics and weights help you build strength, tone muscles, and get moving. Using smartwatch-like bands you can monitor heart rate and blood pressure while tracking your progress. Get ready to make goals and celebrate your progress! Contact Garfield CC for more info.

Garfield

35352 4/22-5/20 Wed 6-7 p.m. TBD \$25

FITNESS CLASSES

Minds In Motion—Dementia-Friendly

Get moving with a weekly vigorous fitness class including cardio, balance, flexibility, and strength. This is a dementia-friendly class that will be taught with easy to follow instructions that are one to two steps long, accompanied by visual cues. Made possible with support from Áegis on Madison.

Miller

25765	4/6-6/15	Mon	2-3 p.m.	C Grekoff	Free
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Tai Chi

Tai Chi

Maintain and restore bone mass, equilibrium, and poise, while playfully exploring vital energy.

Montlake

All Levels

33955	4/6-6/8	Mon	10:30-11:30 a.m.	R Friedman	\$45
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Miller

All Levels

33956	4/9-6/18	Thu	10:30-11:30 a.m.	E Baxa	\$55
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Queen Anne

Intermediate

33957	4/9-6/18	Thu	12:15-1:15 p.m.	E Baxa	\$55
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"Tai Chi Chih®, Joy Through Movement!"

Work through a slow-moving meditative routine of nineteen moves and one pose. These movements circulate and balance the internal energy (chi) to all the organs, muscles, and bones. Anyone can do it, and chair seated students are welcome.

Miller

34488	4/6-6/15	Mon	12:15-1:15 p.m.	L Robinson	\$50
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Tai Chi for Recovery

This tai chi class is aimed at improving health and circulation of energy using the principles of Qigong (energy-exercise). Movements are slow and fluid to help restore balance, stability, ease of movement and alignment. Students should wear comfortable, loose-fitting clothing to class. Contact Garfield CC for more info.

Garfield

36604	4/22-5/20	Wed	12:30-1:15 p.m.	TBD	\$25
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36605	5/27-6/24	Wed	12:30-1:15 p.m.	TBD	\$25
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Yoga

We have a limited supply of yoga gear for new participants. We recommend that you bring your own equipment.

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, poise, and peace of mind.

Gentle Yoga

Garfield

33939	4/6-6/15	Mon	10:30-11:30 a.m.	J Robbin	\$55
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33942	4/9-6/18	Thu	10-11 a.m.	O Goodwin	\$61
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Miller

33971	4/7-6/16	Tue	1:30-2:30 p.m.	L Gardener	\$61
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33972	4/9-6/18	Thu	1:30-2:30 p.m.	L Gardener	\$61
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Montlake

35646	4/6-6/8	Mon	10:15-11:15 a.m.	H Karfelt	\$55
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33943	4/8-6/10	Wed	10:15-11:15 a.m.	H Karfelt	\$55
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33940	4/8-6/10	Wed	11:30 a.m.-12:30 p.m.	H Karfelt	\$55
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34487	4/10-6/12	Fri	11:15 a.m.-12:15 p.m.	L Gardner	\$55
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33944	4/11-6/13	Sat	9:15-10:15 a.m.	H Karfelt	\$55
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Queen Anne No class 4/17

33941	4/10-6/19	Fri	9:45-10:45 a.m.	H Karfelt	\$55
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Gentle Yoga: Drop-In

\$3 (Age 65+ \$2)

IDCC

Wed 3-4 p.m.

Hatha Yoga

Queen Anne No class Monday 4/13 and Wednesday 4/15

33945	4/6-6/15	Mon	10-11 a.m.	F Marrazi	\$50
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33946	4/8-6/17	Wed	11 a.m.-Noon	J Reed	\$55
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Vini Yoga

Queen Anne No class Tuesday 4/14 and Friday 4/17

33965	4/7-6/16	Tue	11:30 a.m.-12:30 p.m.	L Dunbar	\$55
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33966	4/10-6/19	Fri	11 a.m.-Noon	L Dunbar	\$55
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John Hasslinger
Southwest
Recreation Specialist

206-256-5403 / cell 206-423-3988
john.hasslinger@seattle.gov

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 58. For accommodation requests, please call 206-386-9094.

TRIPS

Departure Site Request:
At the time of registration you will select your departure location from the available options. We do our best to proceed with our trips as planned; at times it is necessary to make changes to the times, cost, and destination. Please refrain from wearing fragrances.

TRIPS

DEPARTURE SITES AND TIMES

High Point Community Center
6920 34th Ave. SW
15 minutes before time listed.
Hiawatha Community Center
Departure at time listed on Walnut Ave. SW, east of CC, near parking area between CC and West Seattle High School.
Community center address: 2700 California Ave. SW.

SCHOLARSHIPS

Complete your June 2019-June 2020 application prior to spring registration on 3/3, and your June 2020-June 2021 application prior to summer registration on 5/5. See page 58 for details.

BACK IN MOTION

Our Back in Motion programs provide fitness classes and educational programs for people with chronic pain, or who are new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

RAINBOW RECREATION

Programs for LGBTQ, friends, and allies.

FIELD TRIPS

Trips depart rain or shine. Trips that involve a hike are on varied terrain, and difficulty is marked by hiking boots-see rating chart on page 47. Be prepared for wet or muddy trails with appropriate clothing and footwear. Bring snacks/lunch unless otherwise noted.

Wings Over Washington \$10

Take a ride in the state-of-the-art "flying theater" that will transport you on an aerial adventure above one of America's most scenic and beautiful states, Washington. Once you are strapped into your theater seat, you will experience an amazing journey as a "spirit eagle" sweeps you upward into flight across the state. We'll start with lunch on Pier 57, then hit a 1 p.m. show. *Lunch on your own.*

35506 4/9 Thu 10 a.m.-3 p.m.

Cinco de Mayo Party at Ambakity Cocina \$11

Celebrate Cinco De Mayo with your friends at one of the hottest Mexican restaurants in the heart of South Park. This restaurant has rave reviews for terrific food and helpful staff, and is endorsed by our South Park CC staff as well. Lunch prices are affordable and individual checks available. *Noon meal and Cinco drinks on your own.*

35509 5/7 Thu 11:15 a.m.-2:30 p.m.

FIELD TRIPS



Come enjoy some lively jazz and good food at Jazz Alley!

Jazz Alley \$10
 Enjoy the comfort and elegance of the nation's third longest running dinner club, Dimitriou's Jazz Alley, with a little history, entertainment, and a three-course meal. *For participants meeting at the venue please register using activity number 35709. Please bring cash for tips. Register by 5/4.*

35510 5/12 Tue 11 a.m.-3 p.m.

Twin Falls Hike  \$25
 Twin Falls Trail is a 3.6 mile heavily trafficked out-and-back trail located near North Bend that features a waterfall, and is rated as moderate.

35511 5/28 Thu 9 a.m.-4 p.m.

Magnuson Park Bike Ride \$18
 Sun, Fun, Bikes Out! Come join us at wonderful Magnuson Park where there will be a variety of bikes for you to try. Come on out and have a great time.

35512 6/4 Thu 9:45 a.m.-3:45 p.m.

Register online at www.seattle.gov/parks

NATURE WALKS AND EVENTS

Alki Beach Walks

A weekly walk along the boardwalk with friends. After registering, please contact John at 206-256-5403, or email john.hasslinger@seattle.gov, to arrange your initial meet up. Dogs welcome!

Alki Beach Park

35492 4/10-6/19 Fri 9:30-10:30 a.m.

Free



Lincoln Park Explore

Explore this urban gem with retired park ranger Pat Pilcher. Enjoy a scenic blend of forest and saltwater beach. Learn to identify several native trees while wandering along a peaceful forest path. Meet at the South Parking Lot on the corner Fauntleroy Way and SW Cloverdale St. Be prepared for walking muddy trails and possible rainy weather.

Lincoln Park:

8011 Fauntleroy Way SW, Seattle 98136

35495 5/27 Wed 10-11:30 a.m.

Free

Mindfulness Meditation Walk

Explore nature and breathe the fresh air of the inner city! Your SW recreation specialist John Hasslinger will guide this short walk in the Seattle Chinese Garden and the adjacent greenbelt trail that boasts Native American history dating back thousands of years. Meet at the Seattle Chinese Garden main entrance. Park at the school, along 16th Ave., or take the 128 bus to South Seattle College.

Seattle Chinese Garden:

5640 16th Ave. SW, Seattle 98106

35493 6/9 Tue 10:30-11:30 a.m.

Free

Spring Quarter April 6-June 20

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SPECIAL EVENTS

Line Dance Party

Spring is here and it's time to party! Hosted by our very own Linda Reese. Put on your dancing shoes and take the opportunity to make new friends, socialize, and share your love of line dancing. All levels welcome. *Please bring a potluck finger food to share.*

High Point

35491 5/2 Sat 1:30-4 p.m. L Reese \$6

West Seattle Bee Festival

Why should you BEE here? Experience live music, wonderful food, a bee-themed costume party (11:30 a.m.), a one-of-a-kind vendor fair with honey tastings, organic/sustainable products, pop up sewing, art and science activities, and MORE! Meet inside Neighborhood House at 10 a.m. sharp. Bring your walking shoes and stay as long as your schedule permits.

Neighborhood House:

6400 Sylvan Way SW, Seattle 98126

35490 5/16 Sat 10 a.m.-1 p.m. Free

SOCIAL PROGRAMS

Book Clubs

High Point Book Club

Meets the 2nd Thursday of each month: 4/9, 5/14, and 6/11.

High Point

35486 Thu 1-2 p.m. Free

Games

Strategy Board Games

Studies link the playing of strategy board games to a decreased incidence of dementia and Alzheimer's. These free online games are fun and give your brain a workout! Advance registration required. *Contact Leslie Howle at 206-684-7423, or email leslie.howle@seattle.gov for detailed information.*

Don't miss the West Seattle Bee Festival!



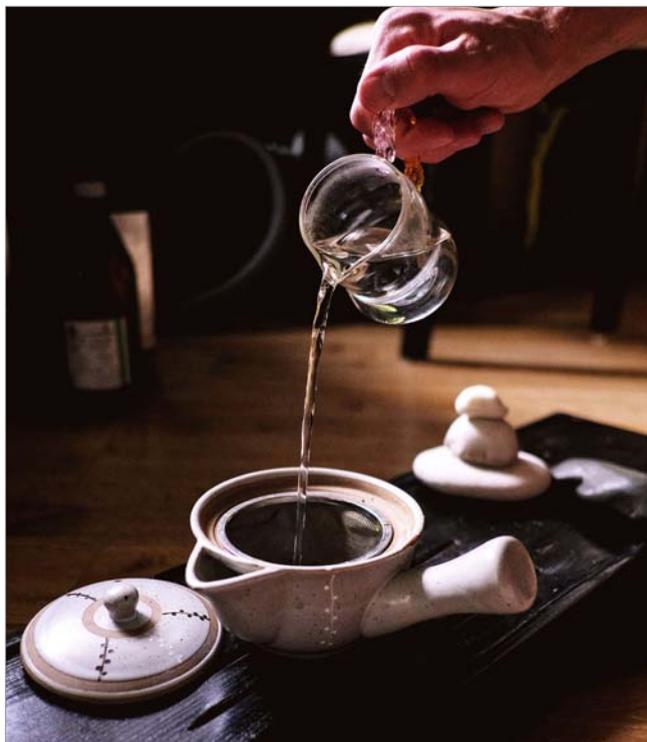
Social

NEW Spring Shin-cha Teatime

Join this experience of brewing and sharing first pick green tea from Japan. This tea is prized for its tremendously fragrant taste. Your recreation specialist, John, will brew multiple pots and serve using handmade tea wares.

High Point

35489 4/21 Tue 10-11:15 a.m. \$5



Morning Joe @ C & P Coffee

Jump start your morning at arguably the most loved coffee house in West Seattle. John Hasslinger, your SW recreation specialist, will greet you at the door! We'll sit outdoors if the weather is nice. Come with a topic of choice or just come to meet someone new. *Drinks on your own.*

C & P Coffee: 5612 California Ave SW, Seattle 98136

35488 5/12 Tue 9-10:30 a.m. Free

Hiawatha Pot Luck

Join your Lifelong Recreation Family for a special quarterly gathering of food and friends. Bring your favorite dish. All are welcome.

Hiawatha

35487 6/17 Wed 11 a.m.-1 p.m. Free

Register online at www.seattle.gov/parks

ARTS AND HANDWORK

Piano Lessons at High Point

Private piano lessons taught by an experienced instructor who relates well to lifelong learners and takes pride in recognizing the creativity and musical potential in each of her students, no matter their level of play. Call High Point staff at 206-684-7422 to schedule. Scholarship eligible.

High Point

Schedule at 206-684-7422 N Carr \$23/half hour

LIFELONG LEARNING

Relaxation Meditation

Explore a personal journey of relaxation and stress relief using easy and effortless meditation techniques. Each week you will be guided to step into the gift of silent awareness and walk out feeling a little lighter!

High Point

35545 4/7-6/16 Tue 10-11 a.m. D Choreo \$55



Creative Writing—Memoir Workshop

Learn specific creative writing tips as we write together in quick, first draft, 10-minute timed sessions followed by only positive feedback on what others liked best. Writing prompts will be provided to write about your life, or any other subjects you choose. Annette Peizer has taught a variety of writing courses in community and private colleges for 30 years. No creative writing experience needed.

Delridge

35485 4/9-6/18 Thu 11:15 a.m.-12:15 p.m. A Peizer \$55

Spring Quarter April 6-June 20

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LIFELONG LEARNING

Foster Grandparents Program Presentation

Interested in hearing how you can be a foster grandparent/mentor to kids? Learn more and ask questions about this innovative and enlivening program! If you're low-income and 55+, consider joining our mentoring program designed to pair seniors with children for one-on-one mentoring, nurturing, and support at community locations. Foster grandparents can receive a tax-free hourly stipend for their work which does not affect any benefits you receive.

High Point

35391 5/9 Tue 10:30-11:15 a.m. Free



Medicare Help

If you or a family member is new to the federal Medicare program it can be confusing and frustrating at first glance. This session will help you better understand the many different parts of Medicare and what your options are when you enroll in Medicare. Informational only; no specific plans or companies will be discussed, and the presenter is not connected with the Federal Medicare Program.

High Point

35388 5/19 Tue 11:30 a.m.-12:30 p.m. Free

Stroke Awareness/Hands-Only CPR

Learn about hands-only CPR and how to recognize the signs of stroke. You will come away with the ability to recognize serious medical emergencies, and to communicate and collaborate with 9-1-1 dispatchers. This is a general education course for seniors and is not a certification class. Brought to you by King County EMS.

High Point

35386 6/2 Tue 6-7 p.m. Free

Delridge Rec Tech

Need help operating your new iPhone, uploading and editing your photos, or shopping and purchasing goods online? We offer free computer and digital technology help along with a variety of digital arts and tech classes at the Rec Tech Computer Lab in the Delridge Community Center. Please call the front desk at 206-684-7423, or email leslie.howle@seattle.gov to book a FREE, 1-on-1 tutoring appointment, register for a FREE class, or check out Open Lab times. We're here to help! Rec Tech Staff Hours: Mon-Thu, 1-7:30 p.m.

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Visit us on the web at [http://www.seattle.gov/parks/find/lifelong-recreation-\(50\)](http://www.seattle.gov/parks/find/lifelong-recreation-(50))

Financial Empowerment Series

The following series of financial workshops are presented by BECU Investment Services, community partner to Seattle Parks and Recreation. All sessions are FREE, taught by BECU Investment Services Advisors and brought to you with no sales pitch. Sign up today—space is limited!

Protect Yourself from Fraud

Millions of people become victims of fraud each year. Fraudsters do not discriminate, and anyone is a target. Learn how to identify the latest fraud trends and how to protect yourself from them. Presented by BECU Financial Crimes, with NO sales presentation.

High Point

35392 5/12 Tue 6-7 p.m. Free

* Securities offered through LPL Financial, Member FINRA/SIPC. Insurance products offered through LPL Financial or its licensed affiliates.

Not NCUA/ NCUSIF Insured	Not Credit Union Guaranteed	May Lose Value	Not Obligations of BECU
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VOLUNTEER



Volunteer with US! Seattle Parks & Recreation relies on your volunteer support to lead many programs for youth and families. We're currently seeking pickleball instructor assistants, track coaches, social networking enthusiasts, and help with our toddler open gyms. If you're interested in sharing your time and your skills with others, please contact john.hasslinger@seattle.gov.

DROP-IN SPORTS

Drop-In Pickleball—Free Unless Noted

Delridge

All Levels M/W 10 a.m.-Noon

All Levels T/Th Noon - 2 p.m.

All Levels Fri 12:30-2 p.m.

Hiawatha

All Levels

36152 Fri 10 a.m.-Noon \$36

High Point

All Levels Mon 10-11:30 a.m.

All Levels Wed 10 a.m.-1 p.m.

South Park

All Levels M/W/F 10 a.m.-2 p.m.

Drop-In Table Tennis—Free

High Point

All Levels Fri 10 a.m.-Noon

Drop-In Volleyball—Free

Delridge

All Levels T/Th 10 a.m.-Noon

Pickleball—Skills

Pickleball Skills and Strategies

New to pickleball or just looking to hone your skills? This is your class! Pickleball is great for the mind, body, and making connections with fun people. Each session includes dedicated practice and drills to improve skills. You'll then have a chance to put those new skills to use in open play. New students and intermediates welcome.

Hiawatha

35383 4/7-6/5 Fri Noon-1:30 p.m. TBD \$24

High Point

35385 4/6-6/1 Mon 11:30 a.m.-1 p.m. M Anderson \$24

South Park

35384 4/14-6/2 Tue 10:30-Noon TBD \$24

FITNESS

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

Line Dance

Work out with your mind and body. Learn new dance patterns to some great music.

Hiawatha

Beginner

35377 4/7-6/16 Tue 11:15 a.m.-12:15 p.m. L Reese \$55

Advanced Beginner

35376 4/7-6/16 Tue 10:15-11:15 a.m. L Reese \$55

High Point

Beginner

35375 4/7-6/16 Tue 6:30-7:30 p.m. L Reese \$55



FITNESS

NIA Dance Fitness

Join this exhilarating movement and cardio workout. Nia is inspired by jazz, martial arts, and yoga and is set to soul-stirring music. Learn and practice with a compassionate group movement instructor with 25+ years in nurturing good health and well-being in others. All bodies and all levels welcome.

Delridge

35373 4/7-6/16 Tue 11:15 a.m.-12:15 p.m. N Scher \$55

Zumba® Gold

Ditch the workout, join the party! Fun is the key ingredient in this low impact Latin inspired dance fitness class. No rhythm or partner required. You'll leave exhilarated and energized! Appropriate for all fitness levels.

Alki

35372 4/7-6/16 Tue 10-11 a.m. M Jorgensen \$55

Delridge

35370 4/9-6/18 Thu 10-11 a.m. M Jorgensen \$55

Hiawatha

35371 4/6-6/15 Mon 10-11 a.m. M Jorgensen \$50



Strength and Conditioning

Fitness at Hiawatha

NEW instructor, NEW location—same great class! Build total body muscle strength using fitness bands, free weights, and floor work. Improve balance, flexibility, and agility. Instructor is a professional dance and fitness instructor, and performer. *Please bring weights to class.*

Hiawatha

35367 4/8-6/17 Wed 10-11 a.m. S Simmons \$55

Tai Chi and Qigong

Tai Chi Level 1

Learn tai chi in a gentle, supportive class. Tai chi promotes balance, stress relief, and energy cultivation.

High Point

35869 4/6-6/15 Mon 11:30 a.m.-12:30 p.m. H Dickinson \$50

Tai Chi Level 2

For those who've completed Level 1.

Highpoint

35362 4/6-6/15 Mon 10-11 a.m. H Dickinson \$50

Tai Chi and Qigong—Principles and Practice

Learn Yang style short form and qigong moves in the tradition of Cheng Man-Ching. This is a gentle form of tai chi aimed at improving health and the circulation of energy (chi) by relaxing the body and mind. Movements are slow and fluid, and help restore balance, stability, ease of movement, and alignment.

Delridge

35363 4/9-6/18 Thu 12:30-1:30 p.m. A Peizer \$55



Yoga

We have a limited supply of yoga gear for new participants. We recommend that you bring your own equipment.

Gentle Yoga

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, poise, and peace of mind.

Delridge

35360 4/7-6/16 Tue 10-11 a.m. J Reed \$61

High Point

35361 4/10-6/19 Fri 11 a.m.-Noon J Reed \$61



Anne Nguyen
Southeast
Recreation Specialist

206-684-7484 / cell 206-310-8163
anne.nguyen@seattle.gov

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 58. For accommodation requests, please call 206-386-9094.

TRIPS

Departure Site Request:

At the time of registration you will select your departure location from the available options. We do our best to proceed with our trips as planned; at times it is necessary to make changes to the times, cost, and destination. Please refrain from wearing fragrances.

TRIPS

DEPARTURE SITES AND TIMES

Rainier Community Center

4600 38th Ave. S

Yesler Community Center

917 E Yesler Way

Jefferson Community Center

3801 Beacon Ave. S

Participants will be contacted 3-5 days before each field trip for specific departure times.

SCHOLARSHIPS

Complete your June 2019-June 2020 application prior to spring registration on 3/3, and your June 2020-June 2021 application prior to summer registration on 5/5. See page 58 for details.

RAINBOW RECREATION

Programs for LGBTQ, friends, and allies.

FIELD TRIPS

Trips depart rain or shine. Trips that involve a hike are on varied terrain, and difficulty is marked by hiking boots-see rating chart on page 47. Be prepared for wet or muddy trails with appropriate clothing and footwear. Bring snacks/lunch unless otherwise noted.

Chihuly Garden and Glass

\$12

This venue features a spectacular showcase of the studio glass art of Dale Chihuly. Wander through the lush outdoor garden, glasshouse, and interior exhibits. *Lunch on your own at the café or nearby Armory.*

33982 4/10 Fri 10:30 a.m.-2:30 p.m.



Seattle Art Museum— Friday Focus Program

\$14

Ziaojin Wu, curator of Japanese and Korean Art, will discuss the exhibition *Exceptionally Ordinary: Mingei 1920-2020*. The Mingei movement elevated functional, everyday crafts to objects of art. Afterwards visit the galleries with a fresh perspective and deeper understanding of the art and artists on view. We will meet up with our Lifelong Recreation partners from NE Seattle. Admission included. *Lunch on your own.*

27173 5/1 Fri 10 a.m.-3 p.m.

FIELD TRIPS

Pacific Bonsai Museum

\$24

A private tour of this outdoor museum provides a beautiful and enriching way to connect with nature and learn about the living art of bonsai. Time will be given to explore the foliage and extensive trails. *Bring a sack lunch.*

34209 5/8 Fri 9:30 a.m.-2:30 p.m.

**Jazz Alley Luncheon**

\$10

Enjoy the comfort and elegance of the nation's third longest running dinner club, Dimitriou's Jazz Alley, with a little history, entertainment, and a three-course meal. *Please bring cash for tips. Participants meeting at the venue must register using activity number 35709. Register by 5/4.*

34992 5/12 Tue 11:30 a.m.-1:30 p.m.

Mt. Rainier Train Ride and Logging Museum

\$80

Hop on board a historic steam train and ride through the Nisqually Valley across the scenic forests and foothills of Mt. Rainier. Our ride will stop at a museum featuring the most comprehensive collection of steam powered logging locomotives in North America. Light refreshments available for purchase. *Bring a sack lunch.*

33984 5/29 Fri 8 a.m.-4 p.m.

Beach Day at Ocean Shores

\$75

Ride on coach transportation to this coastal town for the day. Spend your free time at Quinalt Beach Resort Casino, walking the beach, and exploring the seaside store front. *Lunch on your own. Register by 4/17. Departure site: Rainier CC only.*

34211 6/12 Fri 8:30 a.m.-6:30 p.m.

Day Trip to Port Townsend

\$65

Port Townsend is steeped in fascinating history, from its early Native American roots to its Victorian architecture and maritime legacy, boasting two National Historic Landmark Districts. We will make several stops including the Jefferson County Historical Society (admission included in price). *Lunch on your own.*

34599 6/16 Tue 8:30 a.m.-6:30 p.m.

Rice Stuff Food Tour and Wing Luke

\$55

Satiate your taste buds and learn about how rice plays such an important role in our everyday lives historically and personally. This guided walking food tour features 3-4 restaurants. Post tour explore the Wing Luke Museum of the Asian Pacific American Experience. Price is all-inclusive. *Register by 6/2. Departure site: Garfield CC only.*

34196 6/19 Fri 11:30 a.m.-3:30 p.m.





SOCIAL PROGRAMS

Lunch Programs

Food and Fitness: East African

Enjoy lunch with social, educational, and fitness programs as you celebrate your culture and language. *Program also occurs at Rainier Beach Urban Farm and Wetlands on Fridays. Call 206-684-4664 with questions, please.*

Yesler Th/Sa 11 a.m.-1 p.m.

RBUFW Fri 11 a.m.-1 p.m.

Games

Drop-In Bridge

Drop-In play for bridge players.

Rainier

4/1-6/24 Wed 11 a.m.-2 p.m. Free

Drop-In Mahjong

Fun game using Chinese tiles. Bring your mahjong set if you have one, and a snack to share. Basic skill set needed for group play.

Rainier

4/9-6/25 Thu 11 a.m.-2 p.m. Free

Mexican Train—Dominos

Come and learn how to play Mexican Train, aka dominos. No experience necessary. This is a lively group that meets the 4th Thursday each month.

Jefferson

4/23, 5/28, 6/25 Thu 7-9 p.m. Free

Drop-In Senior Games

Make new friends and enjoy a fun afternoon of mahjong, table tennis, cards, and dominos. Feel free to bring a snack.

Van Asselt

4/1-6/24 Wed Noon-2 p.m. Free

Yesler

4/1-6/29 M/W 1-4 p.m. Free

ARTS AND HANDWORK

Needle Art Circle

Jefferson

4/9-6/25 Thu Noon-3 p.m. Free

Quilting

Jefferson

4/3-6/26 Fri 11 a.m.-2 p.m. Free

LIFELONG LEARNING

Medicare and Medicaid Seminar

Looking for a fun, no-pressure way to learn about Medicare and Medicaid? Join us for a short but informative session with plenty of time for questions and answers. Meets 2nd and 4th Tuesdays: 4/14, 4/18, 5/12, 5/26, 6/9, and 6/23.

Rainier

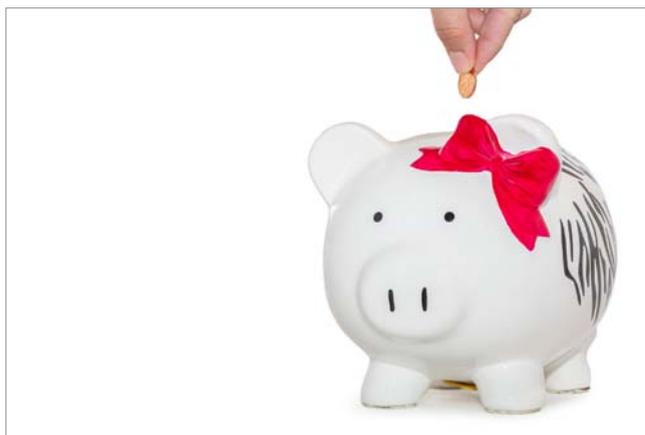
34337 Tue 10:30-Noon R Kim Free

Stroke Awareness/Hands-Only CPR

Learn about hands-only CPR and how to recognize the signs of stroke. You will come away with the ability to recognize serious medical emergencies, and to communicate and collaborate with 9-1-1 dispatchers. This is a general education course for seniors and is not a certification class. Brought to you by King County EMS.

Rainier

34333 4/21 Tue 11 a.m.-Noon Free
34370 6/16 Tue 11 a.m.-Noon Free



NEW Ready, Set, Bank!

Presented by The Seattle Public Library and Capital One. Learn to use online banking to better manage your money. It's easy, convenient and secure to find your balance, pay your bills, transfer money and deposit checks, all without going to your bank. This workshop is a four-part series.

Jefferson

36607 5/6-5/27 Wed 10:30-11:30 a.m. Free



Healthcare Counseling

Receive unbiased and confidential help regarding Washington State private health insurance and government programs including Medicare, Medicaid, Qualified Health Plan (Obama Care), Children's Health Insurance Program, Medical Financial Assistance programs, Medicap coverage, and more. For questions call 206-957-8555. Staff is fluent in Chinese and English.

Rainier

34334 5/7,6/4 Thu 10:30 a.m.-12:30 p.m. Free

NEW Medication Management Tips and Tricks

Join the Washington Poison Center in a presentation on practicing safe and effective medication use. Learn about common sources of medication errors and adverse drug reactions. Discover easy strategies to prevent accidents from happening, and receive tools for medication management.

Rainier

36742 5/7 Thu 2-3:30 p.m. M King Free

Rec Tech Multi-Facilitated Lab

Browse the internet, use our computers, and print (black and white) for free. One-on-one technology tutoring (computers, smartphones, tablets, internet, email, social media, etc) is also available during these times. Contact us for an updated schedule.

Rainier: Contact Jonathan at 206-386-1919 or jonathan.porter@seattle.gov.

Rainier Beach: Contact Young at 206-470-9115 or nhon.pham@seattle.gov.

Yesler: Contact Ashfaha at 206-615-1579 or ashfaha.lemlem@seattle.gov.

DROP-IN SPORTS

Drop-In Pickleball—Free

Jefferson

Adv—Comp Mon 10 a.m.-Noon

Rainier

All Levels T/Th 10 a.m.-1 p.m.

Van Asselt

All Levels W/F Noon-2 p.m.

Yesler

All Levels Tue 12:30-2:30 p.m.

All Levels Thu 10 a.m.-Noon

Pickleball—Skills

Pickleball Skills

Learn pickleball basics or brush up on your skills. This popular sport combines elements of badminton, tennis, and table tennis. Ideal for beginning or intermediate players.

Rainier

33989 4/6-6/15 Mon 9-10:30 a.m. M Anderson \$30

SPORTS



Senior Swim

All abilities welcome! Small groups with similar goals are arranged so instruction can focus on the basics all the way to learning a variety of strokes and water safety. Enjoy exploring the possibilities while developing lifelong and life-saving skills. 10 classes.

Rainier Beach

36619 4/7-6/9 Tue 11:30 a.m.-Noon TBD \$80

FITNESS CLASSES

Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.



Aerobics and Dance

Line Dance

Work out with your mind and body. Learn new dance patterns to all kinds of great music.

Jefferson

Advanced Beginner

34371 4/3-6/26 Fri 10-11 a.m. M Chen \$65

Van Asselt No classes 6/11 for Line Dance Hoedown
Beginner

33988 4/9-6/18 Thu 11:30 a.m.-12:30 p.m. L Reese \$50

Advanced Beginner

33986 4/9-6/18 Thu 12:30-1:30 p.m. L Reese \$50

Intermediate

33987 4/9-6/18 Thu 1:30-2:30 p.m. L Reese \$50

Zumba® Gold

Ditch the workout, join the party! Fun is the key ingredient to this low impact Latin-inspired dance fitness class. No rhythm required. Try a class and leave happy! No class Monday 4/13.

Jefferson

34338 4/6-6/15 Mon 11 a.m.-Noon C House \$45

34339 4/10-6/19 Fri 11 a.m.-Noon C House \$55

FITNESS CLASSES

Strength and Conditioning

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. *Free to Kaiser Permanente members with Part B Medicare coverage. Online registration is not available for KP members or Silver and Fit members, please register in person or over the phone. Note, Silver and Fit members are limited to 10 visits a month.*

Rainier

34330	4/6-6/29	Mon	9:15-10:15 a.m.	Y Gartz	\$65
34331	4/1-6/24	Wed	9:15-10:15 a.m.	Y Gartz	\$65
34332	4/3-6/26	Fri	9:15-10:15 a.m.	V Bowles	\$65

Rainier—Kaiser Permanente and Silver and Fit Members Only

35589	4/6-6/29	Mon	9:15-10:15 a.m.	Y Gartz	Free
35590	4/1-6/24	Wed	9:15-10:15 a.m.	Y Gartz	Free
30242	4/3-6/26	Fri	9:15-10:15 a.m.	V Bowles	Free



South End Boxing Club

This challenging, non-contact class is suitable for all fitness levels and ages. Improve your strength, cardiovascular fitness, coordination, balance, and self-confidence. Newcomers, please arrive 15 minutes early. All equipment supplied. For questions contact Ann Bailey at 206-604-7073 or ann.bailey@yhbcc.org.

Rainier Beach

4/1-6/29	M/W	6-7 p.m.	Free
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Martial Arts

Vovinam Martial Arts

This Vietnamese martial art teaches you to rebuild the mind, spirit, and body. Use breathwork, stick form, and other modalities to gain strength and flexibility. Minimum number of participants required to start. If interested contact Anne at 206-684-7484.

Tai Chi

Maintain and restore bone mass, equilibrium, and poise, while playfully exploring vital energy.

Yesler

All Levels

33990	4/7-6/16	Tue	12:30-1:30 p.m.	E Baxa	\$50
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Drop-In Tai Chi

Rainier	Wed	3:30-4:15 p.m.	S Hiserman	\$3
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Wondering what Tai Chi is all about? Come in and find out!



Tamara Keefe
Sound Steps
Program Coordinator

206-684-4664 /
cell 206-399-4655
tamara.keefe@seattle.gov



Connect with us!

- Visit <http://www.seattle.gov/parks/find/sound-steps-50> to receive Sound Steps e-newsletter.
- Sound Steps is a community-driven and volunteer led walking program designed for all levels of walkers. If you would like to plan and lead a walk, please be in touch!

REGISTRATION

Please register quarterly for all programs using the barcode provided. See page 58 for registration information. Unless dates are specified, weekly walks are generally ongoing. Check with the volunteer walk leader for any dates that may be missed.

Hike Rating Legend

Easy - paved, smooth and fairly level trail surface; recommended for beginners

Moderate - some hills; exposed roots and rocks possible

Challenging - some difficult terrain; hills or stairs

Difficult - steep hills, significant elevation gain; for advanced hikers

SCHOLARSHIPS

Complete your June 2019-June 2020 application prior to spring registration on 3/3, and your June 2020-June 2021 application prior to summer registration on 5/5. See page 58 for details.

SPECIAL NEIGHBORHOOD WALKS

Scenic Strollers Spring Walks

Series of three casual-paced walks in the Montlake neighborhood. Each is 3+ miles. Some hills, none steep. Portage Bay 4/4, Azalea Way 5/2, Union Bay 6/6. Meet out front at Montlake Community Center.

34360 4/4, 5/2, Sat 9:30 a.m.-Noon Free
6/6

NEW Meet Me at the Park

Walk the paved paths at Jefferson Park on Beacon Hill with others. Chat with a Seattle Parks & Recreation staff member. All mobility levels welcome. Meet outside front entrance to Jefferson Community Center.

35595 4/7 Tue 11:30 a.m.-12:30 p.m. Free

Ship Canal Sound Steps Walk

A moderate-paced walk along both sides of the Ship Canal, through industrial Ballard and the Locks. Six miles and flat, with two restroom breaks, on a combination of trails and roads. Meet at Ballard Fred Meyer's former SW entrance (now closed), where NW 43rd St. enters the parking lot.

34361 5/18 Mon 9 a.m.-Noon Free

NEW Cheshiahud Loop Sound Steps Walk

The Cheshiahud Lake Union Loop is named after the Duwamish chief who guided early white settlers in the area. Circumnavigate the lake on this moderate-paced, mostly level, roughly 6-mile walk, with one restroom break. Meet at the "arches" near the restrooms in Gasworks Park, 2101 N Northlake Way.

35567 6/15 Mon 9 a.m.-Noon Free

HIKES AND TRIPS

Enjoy the great outdoors! Two regular departure sites:

NORTHEND: 8061 Densmore Ave. N

SOUTHEND: Jefferson Community Center

Departure times are listed and vary based on destination. Return times are approximate. Please bring a lunch and plenty of water. Register online or at your local community center.

Spring Lake/Lake Desire Hike

Explore this forested site with a 900-foot-tall rocky outcrop, a bog, and three miles of trails situated between two lakes. Look forward to possible views and rare flora sightings. Return 2:30 p.m.

34347	4/13	Mon	Densmore:	9 a.m.	\$18
			Jefferson CC:	9:30 a.m.	

Lake Wilderness and Cedar-Green River Trail Hike

Walk through forested areas and display gardens with plant collections highlighting both natural and cultivated landscapes. Natural surface trails, as well as some ADA paths. The Cedar-Green River Trail runs through the park, and we'll also travel the section along Lake Wilderness. Return 2:30 p.m.

34357	5/4	Mon	Densmore:	9 a.m.	\$18
			Jefferson CC:	9:30 a.m.	

Carbon River Mt. Rainier Hike

Marvel at magnificent old-growth forest in a temperate rainforest located in Mt. Rainier National Park's NW corner. Listen for the trilling of birdsong, and pause to take in the power of the Carbon River along a flat former roadway. Go as far as time allows on this out-and-back route. Return 5 p.m.

34358	6/1	Mon	Densmore:	9 a.m.	\$40
			Jefferson CC:	9:30 a.m.	



Share A Walk With Others!

The Sound Steps walking program provides opportunities for fitness and socialization, as well as exploration. We rely on community members to design and lead walks that are of interest to the community. Many of you have a favorite route, park, or knowledge of an area. One-time walks, short series, or ongoing weekly walks are all possible and welcome! If you'd like to share a walk with others, please contact tamara.keefe@seattle.gov or 206-684-4664 so that we can create opportunity together!



Weekly Walks are FREE unless otherwise noted. Please register each quarter.

WEEKLY WALKS—NORTH

Ballard Sound Steps Walk

Enjoy varied marine activity along the Lake Washington Ship Canal including multiple boat varieties and bird species. Three miles of flat, paved Burke-Gilman Trail. Moderate pace. Meet at the Ballard Fred Meyer, inside main entrance.

34344	Mon	9:30-10:30 a.m.	915 NW 45th St.
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Carkeek Park Sound Steps Walk

Natural surface forest trails with some hills and occasional forays through neighborhood streets. Three miles, moderate pace. Meet at Eddie McAbee entrance.

34345	Wed	10-11:30 a.m.	NW 100th and 6th Ave NW
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Weekly Walks are FREE unless otherwise noted. Please register each quarter.

WEEKLY WALKS—NORTH

Green Lake Loop Sound Steps Walk

Walk around the lake at a gentle or moderate pace. Hosted by the Wallingford Community Senior Center. Meet in front of Green Lake Church. RSVP to WCSC: 206-461-7825.

34349 Fri 1:30-2:30 p.m. 6350 E Green Lake Way N

Magnuson Park Sound Steps Walk

All ages welcome! Explore the sights and sounds of Magnuson Park. Varied terrain and flexible pace and distance. Meet outside Sand Point Tennis Center entrance.

34351 Sun 10-11 a.m. 7135 Sports Field Drive NE

North Greenwood Sound Steps Walk

Three miles, moderate pace, some hills, natural surface forest trails in Llandover Woods greenspace. Meet at Diva Espresso. Call Nancy for more information: 206-851-6860.

34352 Mon 9:30-10:30 a.m. 14419 Greenwood Ave N

Sand Point Sound Steps Walk

For anyone living within Magnuson Park or interested in building community with park residents. Distances range from .5 to 1.5 miles. Those living with mobility challenges are welcome. Call or text walk leader Terry before attending: 206-913-3790.

34355 Tue 11 a.m.-Noon Magnuson Park

Senior Zoo Walkers Sound Steps Walk

Woodland Park Zoo, Kaiser Permanente, and Seattle Parks and Recreation invite you to join Senior Zoo Walkers, a walking program to promote fitness and well being. Warm-up at 9:15 a.m. Register online: <http://www.zoo.org/seniorzoowalkers>.

Meet at Woodland Park Zoo south entrance.

Tue/Thu N 50th and Fremont Ave. N

WEEKLY WALKS—CENTRAL

Discovery Park Sound Steps Walk

Natural surface trails with some hills and Puget Sound views. 2.8 miles. Moderate pace. Meet at the Discovery Park Environmental Learning Center.

34348 Fri 10-11 a.m. 3801 Discovery Park Blvd.

WEEKLY WALKS— SOUTH/WEST

Lincoln Park Sound Steps Walk

Three miles, some hills, natural and paved surface trails along Puget Sound. All paces welcome. Meet at the center of the north parking lot at Lincoln Park.

34350 Mon 10-11:15 a.m. 8011 Fauntleroy Way SW

Rainier Beach Sound Steps Walk

Walk laps to music inside the gym at Rainier Beach Community Center. All paces and mobility levels welcome.

34354 T/W 10-11 a.m. Rainier Beach CC

Seward Park Sound Steps Walk

Begin by stretching and then walk once, or twice, around the flat, paved 2.4-mile loop. Pet-friendly. Meet near the restrooms close to park entrance.

34356 Fri 9:30-11:15 a.m. 5900 Lake WA Blvd. S

SOUND STRIDERS

Enjoy longer walks?

Five to six-mile moderately paced weekly walks. Explore different Seattle neighborhoods. Meet at 8 a.m. for coffee, walk begins at 8:30 a.m. Register quarterly with Seattle Parks & Recreation and see the volunteer-managed website www.soundstriders.com for current location details. Questions? Phone: 206-684-4664.

NORTH Striders Sound Steps Walk

34353 Tue 8-10:30 a.m.

SOUTH Striders Sound Steps Walk

34359 Thu 8-10:30 a.m.



Cayce Cheairs
**Dementia-Friendly
 Recreation Specialist**

206-615-0100 / cell 206-786-2365
 cayce.cheairs@seattle.gov

Working with community partners, we offer a variety of dementia-friendly recreation programs designed for and celebrating the strengths of people living with memory loss. Many of these programs have been inspired by and developed through community input. For more information or to register, contact Cayce Cheairs, or the contact person noted in the description.

Free Programs

To reduce barriers to participation, all of our programs are now free to attend! This is made possible through generous community sponsorships and donations. To support Dementia-Friendly Recreation with a donation, visit <https://arcseattle.org/Lifelong-Recreation-Donations> and designate "Dementia-Friendly Programs."

Receive monthly updates

There are new dementia-friendly opportunities developing in the community all the time! To learn about upcoming programs join the email list for the Dementia-Friendly Recreation e-Newsletter. Sign-up at <http://www.seattle.gov/parks/find/dementia-friendly-recreation>.

SPECIAL EVENTS

Momentia Talent Share

Free

Celebrate community, creativity, and the strengths and talents of community members living with memory loss at the 7th Annual Momentia Talent Share. Enjoy artwork, music, and more. Light refreshments provided. Family and friends welcome! No registration required. Made possible with support from Aégis on Madison. Sign up by 4/8 to perform.

Greenwood Senior Center, 525 N 85th St.

4/18 Sat 2-4 p.m.



Share some joy in one, or more, of our programs!

ARTS

Arts in the Park

Free

Engage with art and nature in your community! Led by a skilled Elderwise facilitator, this series is open to persons with early to mid-stage dementia and care partners. Each session includes time to explore the garden, light refreshments, and a guided watercolor painting experience. No artistic experience necessary; all materials provided. Offered in partnership with Elderwise, sponsored by Careforce. *Space is limited, register by 5/1.*

Japanese Garden Tateuchi Community Room

5/12-5/26 Tue 10 a.m.-Noon

MOMENTIA SEATTLE

At Seattle Parks and Recreation, we are proud to be part of the grassroots movement empowering persons with memory loss and their loved ones to remain connected and active in the community.

To learn more about Momentia and see a calendar with a full listing of memory loss offerings in the Greater Seattle area, visit: www.momentiaSeattle.org.

SOCIAL PROGRAMS



Lake City Momentia Meet-Ups Free
Laugh, explore, and connect at this inclusive, memory-friendly event for the whole community. Join us on the third Friday of the month for improv, music, art, movement, and more! Followed by snacks and social time. No registration required. Offered in partnership with Lake City Seniors—Sound Generations and Sea Mar Latino Seniors Program. Questions? Contact Akira: 206-286-6740, akirao@soundgenerations.org.

Lake City CC
Third Fridays: 4/17, 5/15, 6/19 1-2:30 p.m.

Momentia en Español en Lake City Gratis
¡Reír, explorar, crear y conectar! Venga a un evento inclusivo y beneficioso para la memoria para toda la comunidad con actividades diferentes cada mes. No require registracion y habrá aperitivos despues en un ambiente social. Este evento esta patrocinado por Lake City Seniors—Sound Generations y el programa para mayores de edad Latinos Sea Mar.

Lake City CC
Primeros Viernes/First Fridays: 4/3, 5/1, 6/5 1-2:30 p.m.

Momentia Mondays Free
Connect with others experiencing memory loss and explore different topics and projects together, including improv, drumming, movement, and more! Offered in partnership with the Southeast Seattle Senior Center (SESSC). *Please call the SESSC to confirm the program details, at 206-722-0317.*

SESSC, 4655 S Holly St.
Mon 10:30-11:30 a.m.

OUTDOOR RECREATION

Garden Discovery Walks Free
Savor the season with relaxed-paced walks through public gardens, followed by a creative, nature-inspired activity led by a registered horticulture therapist. Light refreshments provided. Space limited to 15 participants per walk. Offered in partnership with UW Memory and Brain Wellness Center, with support from Family Resource Home Care.

Various Locations
1st Fridays: 4/3, 5/1, 6/5 10 a.m.-Noon

Out and About Walks Free
Invigorate body, brain, and spirit with 2 to 3-mile moderately-paced walks in various parks and neighborhoods throughout Seattle. Varied terrain includes sidewalks and gravel paths; mostly level with occasional hills. End with a social gathering in a nearby café.

Various Locations
2nd and 4th Fri of the month 10 a.m.-12:30 p.m.

Early Stage Memory Loss Zoo Walk Free
Enjoy a gentle to moderately-paced walk through the zoo, followed by a social gathering in the zoo café. Flat, paved surface. A partnership with the Alzheimer's Association and Greenwood Senior Center. *Registration required by calling the Alzheimer's Association at 206-529-3868.*

Woodland Park Zoo
Mon/Wed mornings

FITNESS

Minds In Motion Free
Get moving with a weekly vigorous fitness class including cardio, balance, flexibility, and strength. Class will be taught with easy to follow instructions that are one to two steps long, accompanied by visual cues. Made possible with support from Áegis on Madison.

Miller
25765 4/6-6/15 Mon 2-3 p.m. C Grekoff



Cheryl Brown
Rainbow Recreation
Program Coordinator

206-615-0619 /
cell 206-450-9819
cheryl.brown@seattle.gov

Programs for LGBTQ Adults 50+!

Inspired by community input, we developed this selection of recreational programs for our LGBTQ friends and allies 50+. We strive to create safe and respectful environments, enhance health, and welcome community members of all backgrounds. While our LGBTQ friends are welcome in all of our programs, you can also check the brochure section in your neighborhood for more Rainbow Recreation designated programs. Want to share any skills, ideas, or feedback? We are always looking for ways to strengthen our offerings. Please call Cheryl for more information.

SCHOLARSHIPS

Complete your June 2019-June 2020 application prior to spring registration on 3/3, and your June 2020-June 2021 application prior to summer registration on 5/5. See page 58 for details.

Field Trips

Join us for fun and adventure! Departure sites are Miller Community Center and Northgate Nordstrom Rack. Call Cheryl at 206-615-0619 for more information.

Jazz Alley \$10

Enjoy the comfort and elegance of the nation's third longest running dinner club, Dimitriou's Jazz Alley, with a little history, entertainment, and a three-course meal. *Please bring cash for tips. For participants meeting at the venue please register using activity number 35709. Register by 5/4.*

34002 5/12 Tue 10:45 a.m.-2:15 p.m.

Soos Creek Garden Tour and Talk \$30

Enjoy the experience of a guided stroll amid inspirational, mature gardens based upon international, regional, and historical themes and the fascinating local history of the Soos Creek Plateau. Listen to Connie Sidles, Master Birder and author, present a program on crows. *Bring a sack lunch to enjoy in the Red Barn.*

35484 6/17 Wed 9 a.m.-2 p.m.



Social

Women's Song Circle

If you can talk, you can sing! We'll sing our hearts out for the joy of blending and raising our voices. Lyrics provided for easy to sing folk, pop, women's music and rounds. Instruments and favorite songs welcome. Meets every other Thursday: 4/9, 4/23, 5/7, 5/21, 6/4, and 6/18.

Garfield

33976 Every other Thu 6:30-8 p.m. \$10

Arts and Handwork

Botanical Drawing in Watercolor and Ink

Capture the essence of flowers and plants with simple, quick techniques and portable materials. Instructor Lisa Snow Lady has a BFA in painting and a degree in ornamental horticulture. Please bring an ultra-fine Sharpie pen and a watercolor notebook ("5 x 8") to the first session.

Conservatory

37042 4/23-5/21 Thu 10:30 a.m.-12:30 p.m. Snow Lady \$110

Fitness

Enhance Fitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. *Free to Kaiser Permanente members with Part B Medicare coverage. Online registration is not available for KP members or Silver and Fit members. Please register in person or over the phone. Non-Members can register online. Note, Silver and Fit members are limited to 10 visits a month.*

Kaiser Permanente Capitol Hill Building

125 16th Ave. E, Level B, Fitness Center.

34481	4/6-6/15	Mon	2-3 p.m.	G Keeble	\$50
34482	4/8-6/17	Wed	2-3 p.m.	G Keeble	\$55
34483	4/10-6/19	Fri	2-3 p.m.	G Keeble	\$55

Line Dance

Work out your mind and body. Learn new dance patterns to all kinds of great music.

Van Asselt No classes 6/11 for Line Dance Hoedown
Beginner

33988	4/9-6/18	Thu	11:30 a.m.-12:30 p.m.	L Reese	\$50
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Advanced Beginner

33986	4/9-6/18	Thu	12:30-1:30 p.m.	L Reese	\$50
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Intermediate

33987	4/9-6/18	Thu	1:30-2:30 p.m.	L Reese	\$50
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NIA Moving to Heal

Improve your balance, strength, and mobility. This gentle fitness class is designed for those with long-term or chronic illness and individuals with short-term personal healing goals. Taught to inspiring music with adaptable movements from dance, martial arts, and healing arts. Participants can stand, sit, or a combination of both.

Magnolia

34290	4/9-6/18	Thu	10:30-11:30 a.m.	L Browdy	\$55
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Pickleball Skills

Learn pickleball basics or brush up on your skills. This popular sport combines elements of badminton, tennis, and table tennis. Ideal for beginning or intermediate players.

Miller

33979	4/17-6/12	Fri	12:30-1:30 p.m.	TBD	\$25
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Rainier

33989	4/6-6/15	Mon	9-10:30 a.m.	M Anderson	\$30
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STRONG 45

STRONG 45 is a high-energy workout. The class combines cardio, strength training, and muscle endurance movements synced to original music. In a 45-minute class you will burn calories while toning arms, legs, abs, and glutes. Moves include lunges, squats, and kickboxing as well as abdominal work on the floor. Modifications to movements will be demonstrated for less intensity.

Loyal Heights

34292	4/7-6/16	Tue	5:30-6:15 p.m.	D O'Neill	\$55
34291	4/9-6/18	Thu	5:30-6:15 p.m.	D O'Neill	\$55



Tai Chi

Maintain and restore bone mass, equilibrium, and poise, while playfully exploring vital energy. *No class 5/5.*

Yesler

33990	4/7-6/16	Fri	12:30-1:30 p.m.	E Baxa	\$50
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"Tai Chi Chih®, Joy Through Movement!"

Work through a slow-moving meditative routine of nineteen moves and one pose. These movements circulate and balance the internal energy (Chi) to all the organs, muscles, and bones. Anyone can do it, and chair seated students are welcome.

Miller

34488	4/6-6/15	Mon	12:15-1:15 p.m.	L Robinson	\$50
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Gentle Yoga

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, and peace of mind. We have a limited supply of yoga gear for new participants. We recommend that you bring your own equipment.

Miller

33971	4/7-6/16	Tue	1:30-2:30 p.m.	L Gardener	\$61
33972	4/9-6/18	Thu	1:30-2:30 p.m.	L Gardener	\$61

Montlake

34487	4/10-6/19	Fri	11:15 a.m.-12:15 p.m.	L Gardener	\$55
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DOG WALKS

Bring a dog, or come without one if you love dogs. Prepare to walk two to three miles, rain or shine. Meet at the designated site at 11 a.m., leash your dog, and bring poop bags. Walks are free, please remember to register at 206-615-0619 so volunteer leader Sharon LeVine may contact you if there is a change.

Note: Bus riders are allowed to bring their dogs on Metro buses.

Longfellow Creek Trail in West Seattle

Meet at the Delridge Community Center,
4501 Delridge Way SW.

4/14 Tue 11 a.m.

Mount Baker Neighborhood

Meet at Mioposto Café, 3601 S McClellan St.

4/28 Tue 11 a.m.

Ravenna Neighborhood

Meet at Ravenna-Eckstein Community Center,
6535 Ravenna Ave. NE.

5/12 Tue 11 a.m.

Lake Washington Blvd.

Meet at Madrona Park, 853 Lake Washington Blvd.

5/26 Tue 11 a.m.



Elliott Bay Trail Along Puget Sound

Meet in the parking lot on the north side of the
"grain terminal", east side of Myrtle Edwards Park.

6/9 Tue 11 a.m.

Jack Block Park / Alki Waterfront

Meet by the bathrooms within Jack Block Park,
2130 Harbor Ave. SW, just south of Salty's Restaurant.

6/23 Tue 11 a.m.

Get talking in one of our Book Clubs this spring!





Lifelong Recreation Advisory Council

You Can Make a Difference!

The Lifelong Recreation Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people age 50+ of all abilities and backgrounds.

Your Advisory Council

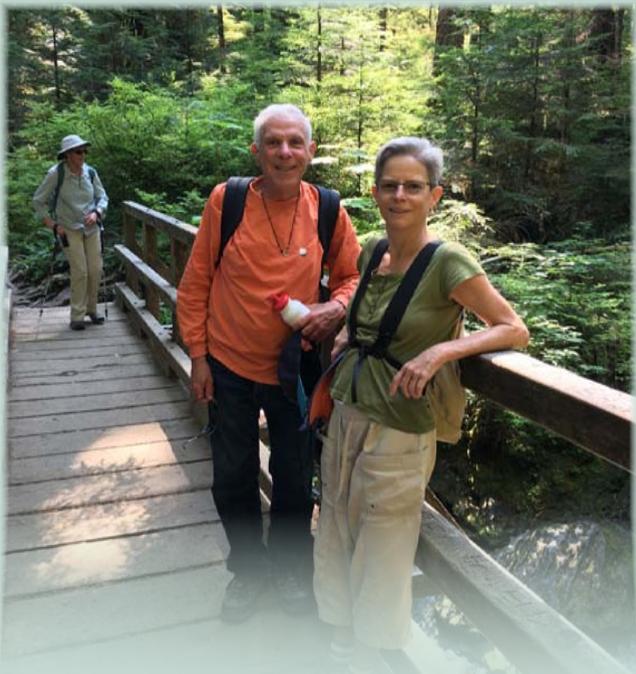
Most classes, workshops, sports programs, special events, and facility rentals are funded through the local advisory councils, rather than from City of Seattle budget. Revenues generated through program fees offset program costs to make these activities self-sustaining. We rely on participation, donations, and contributions to maintain and upgrade equipment.

Join Us!

Citizen direction and participation is essential to our success. Our advisory councils always are looking for new members. Monthly meetings are held to advise about programs, policies, and financial issues.

If you'd like to get involved, please contact Cheryl Brown at 206-615-0619.

The Associated Recreation Council (ARC) is dedicated to serving Seattle's community in partnership with Seattle Parks and Recreation with citywide fiscal accountability, advisory council support, and community-focused leadership.



Do You Like to Walk or Hike?

The Sound Steps walking program provides opportunities for fitness and socialization, as well as exploration. We rely on community members to design and lead walks that are of interest to the community. Many of you have a favorite route, park, or knowledge of an area. One-time walks, short series, or ongoing weekly walks are all possible and welcome! If you'd like to share a walk with others, please contact tamara.keefe@seattle.gov or 206-684-4664 so that we can create opportunity together!

VOLUNTEER OPPORTUNITIES

We have lots of opportunities for you to get involved within your community!



- Lead a book club, bridge club, or mahjong group.
- Be a field trip van driver, tours and meals comp'd.
- Join the Senior Volunteer Team at your local community center.
- Come help at a food bank with us.
- Be a weekly walk leader with Sound Steps.
- Become a Seattle Urban Nature Guide.
- Help with program development by joining the Lifelong Recreation Advisory Council—see above.

COMMUNITY RESOURCES

Age Friendly Seattle Civic Coffee Hours

Each Civic Coffee Hour is FREE and brings community elders closer to local government officials to explore topics of interest. Participants learn how decisions are made, how to get involved, and how to take advantage of programs and services. Refreshments are served.

Coffee Hours are held on third Thursdays, 10:30-11:30 a.m., in the Central Branch of The Seattle Public Library, 4th floor at 1000 4th Ave. (between Spring and Madison St.), and are streamed live on facebook.com/AgeFriendlySeattle and youtube.com/c/AgingKingCounty.



Speakers are TBA. Call 206-233-5121 or email agefriendly@seattle.gov with questions, or accommodation requests.

Age Friendly Seattle

The City of Seattle is taking steps to establish itself as an age friendly city!

What is an age-friendly city? It is a community in which people can grow up and grow old with ease. The World Health Organization has determined that there are 8 domains of livability:



1. Outdoor spaces and buildings
2. Transportation
3. Housing
4. Social participation
5. Respect and social inclusion
6. Civic participation, and employment
7. Communication and information
8. Community and health services

Using these guidelines, Seattle is in the process of creating an Age Friendly Seattle Action Plan. Visit <http://www.seattle.gov/agefriendly> to learn more.

Are you 60 + years old?



Then you qualify for the Gold Card for Healthy Aging with access to discounts in Seattle and King County!

Pick yours up at one of Seattle's senior centers, community centers, customer service centers, Seattle's Customer Service Bureau, or Seattle Animal Shelter. No application needed, just proof of age!

**For details on these and other discounts, or if you are between the ages of 18 and 59 and have a disability (you'll need to apply for the FLASH card), go to Seattle.gov/AgeFriendlyDiscounts.*

Making Seattle a great place to grow up and grow old!

Seattle.gov/AgeFriendly



Are you facing aging or disability issues?

Community Living Connections
1-844-348-5464
www.communitylivingconnections.org

SENIOR CENTERS AND PROGRAMS FOR SENIORS

About...Senior Centers!

Senior centers are lively community hubs providing a warm, welcoming social space and affordable programs to enrich the lives of seniors and their families. Caring staff provide guidance through some of the challenges of aging and navigating the network of community and government resources. Many senior centers provide counseling and support services, health services, fitness programs, financial and legal assistance, transportation options, and meal programs.

Center/Program Locations

Ballard NW Senior Center

5429 32nd Ave. NW, 98107
206-297-0403 / ballardseniorcenter.org

Central Area Senior Center

500 30th Ave. S, 98144
206-726-4926 / centralareasrcenter.org

Club Bamboo

3639 MLK Jr Way S, 98108
206-774-2440 / www.acrs.org

El Centro de la Raza

2524 16th Ave S, 98144
206-957-4634 / www.elcentrodelaraza.org

Ethiopian Community Center

8323 Rainier Ave S, 98118
206-325-0304 / www.ecseattle.org

Generations Aging With Pride

206-495-8312 / gapseattle.org

Greenwood Senior Center

525 N 85th St., 98103
206-297-0875 / phinneycenter.org/gsc

International Drop-In Center

7301 Beacon Ave S, 98108
206-587-3735 / www.idicseniorcenter.org

Kin On Community Center

4416 S Brandon St, 98118
206-556-2237 / www.kinon.org

Lake City Community Center

12531 28th Ave. NE, 98125
206-268-6738 / lakecityseniors.org

Pike Place Senior Center

85 Pike St., #200, 98101
206-728-2773 / pikemarketseniorcenter.org

Sea Mar Latino Senior Nutrition and Outreach Program

Various Locations
206-764-4700 / seamar.org

Salvation Army Senior Center/White Center

9050 16th Ave. SW, 98106
206-767-3150 / tsawwhitecenter.org

Southeast Seattle Senior Center

4655 S Holly St., 98118
206-722-0317 / sessc.org

South Park Senior Center

8201 10th Ave. S, 98108
206-767-3650 / spseniors.org

Sunshine Garden Chinese Senior Community Center

611 S. Lane St., 98104
206-624-5633 / cisc-seattle.org

Wallingford Community Senior Center

4649 Sunnyside Ave. N, 98103
206-461-7825 / wallingfordseniors.org

West Seattle Senior Center

4217 SW Oregon St., 98116
206-932-4044 / sc-ws.org

REGISTRATION



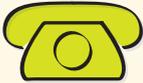
FIRST CHOICE

Go to Seattle Parks and Recreation's new online registration software at http://bit.ly/spr_registration_account. Sign in, or create an account if this is your first time registering for classes with the new software. Once you are logged in, choose your programs and pay online.



SECOND CHOICE

Find your local recreation center at: seattle.gov/parks/centers.asp and stop by to register for programs and meet the staff. Please note hours of operation, as they vary across recreation centers.



THIRD CHOICE

Call your local recreation center during their hours of operation at the phone number listed at: seattle.gov/parks/centers.asp. All staff can assist you with registration.



FOURTH CHOICE

Register by phone with our Business Service Center at 206-684-5177. The Business Service Center is open Monday through Friday between 8:30 a.m. and 6 p.m. Questions may be emailed to: ParksBSC@seattle.gov.



Parks Management and Professional Staff

4554 NE 41st Street • Seattle, Washington 98105
206-684-4951 • Fax 206-684-4957 • TDD/TTY Only 206-233-1509

Parks Management

Jesús Aguirre, Superintendent
Justin Cutler, Director of Recreation

Professional Staff

Cheryl Brown, Recreation Program Coordinator, 206-615-0619
Dena Schuler, Management Systems Analyst, 206-615-1884
Linda Guzzo, Administrative Specialist, 206-684-4951

SCHOLARSHIP INFORMATION

Limited scholarship funds are available to those who qualify. To apply, visit any community center or pool, bring your most recent 1040 or SSI paperwork, and picture ID. To download forms online visit https://bit.ly/spr_scholarships. Approval can take up to several weeks and must occur prior to registration. Scholarship funds run out each quarter so please apply early.

Quarter registration dates begin: Spring—3/3/20, Summer—5/5/20, and Fall—8/4/20. Our current scholarship cycle runs June 2019-June 2020.

A new scholarship application must be submitted and approved to qualify for programs taking place July 2020 and beyond.

Here are some beginning qualification guidelines:

Scholarship Eligibility		Number in House			
		1		2	
80%	Monthly	\$1,981.00	\$2,227.50	\$2,671.00	\$3,003.75
	Yearly	\$23,761.00	\$26,730.00	\$32,041.00	\$36,045.00
70%	Monthly	\$2,228.50	\$2,356.20	\$3,004.75	\$3,177.30
	Yearly	\$26,731.00	\$28,274.40	\$36,046.00	\$38,127.60
60%	Monthly	\$2,357.20	\$2,544.30	\$3,178.30	\$3,430.95
	Yearly	\$28,275.40	\$30,531.60	\$38,128.60	\$41,171.40
50%	Monthly	\$2,545.30	\$2,732.40	\$3,431.95	\$3,684.60
	Yearly	\$30,532.60	\$32,788.80	\$41,172.40	\$44,215.20
40%	Monthly	\$2,733.40	\$2,900.70	\$3,685.60	\$3,911.55
	Yearly	\$32,789.80	\$34,808.40	\$44,216.20	\$46,938.60

Registration Information and Refund Policy

Payment

Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due plus a \$20 fee. Registration is not complete and a spot in the class cannot be held without payment in full.

Fees and Charges

ARC: Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees are used to offset the cost of providing the programs. Program charges include a user fee paid to Seattle Parks and Recreation to defray operating costs. Washington State sales tax is also included where applicable.

City: Fees and charges are necessary to provide financial support to Seattle Parks and Recreation for the operating costs of programs, facilities and grounds. The revenue generated by these fees constitutes only a portion of funds required for operating and maintaining the Parks system. All fees collected from activities and concessions are used exclusively for the Parks system as these funds are deposited in the Parks and Recreation Fund, not the City General Fund. Swimming pool fees and charges are set by City Council.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Refunds

Refunds: It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- A full refund will be issued for any class, trip, or reservation that is canceled for any reason by the Department or the Associated Recreation Council.
- Satisfaction Guarantee-Any person who registers for a CLASS and who requests a refund before the second class session may receive a prorated refund minus a service charge.
- Any person who registers for a TRIP and requests a refund 14 days or more before it's start, may receive a refund minus a service charge.
- A transfer from one class to another is permitted without cost if done on the same business day as the original registration, and is subject to space availability.
- No fee is charged for a transfer initiated by Seattle Parks and Recreation staff when done to correct an error in registration or allow for a better recreation opportunity.

Please read the entire policy 7.16 for specific information. An extra process is required for child care refunds or transfers. There will be no refunds or make-up classes for activities missed due to illness or vacations.

Class Cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Scholarships

Seattle Parks and Recreation wants to ensure that our activities, classes, and sports are available to everyone, regardless of their ability to pay. To apply for a scholarship, please talk to one of our Recreation Specialists.

Wait Lists

We will create wait lists for all filled classes and trips. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability. If you cannot attend a class or trip you are registered for, your spot will be given to the first person on the wait list.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental, or physical handicap.

Accommodation for People with Disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids, or other accommodations, please call 206-386-9094 or TDD 206-233-1509. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area that is not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Specialized Programs

For information on programs for youth/adults with disabilities, please call the Specialized Programs Office at 206-684-4950, or visit the web at: www.cityofseattle.net/parks/SpecialPops/index.htm.

More Information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075, or TDD/TTY 206-233-1509.

Wondering which Lifelong Recreation program is right for you? In general, Lifelong Recreation Programs are designed for (independent) people age 50 and better, but we also offer specifically designed programs for those living with dementia or chronic pain. If there is an accommodation that you need to better access one of our programs, please contact the recreation specialist in your area.

DISCLAIMER NOTE

Although we strive to be accurate, this brochure is published for information purposes only. Changes may be necessary to the content depending on levels of participation or other factors, and fees may change after City Council action on the City budget each year. Please visit www.seattle.gov/parks for updated information.

As of July 6, 2015, all of Seattle's public parks are smoke-free! Smoke-free parks help reduce litter, promote healthy lifestyles for youth, and create a welcoming environment for all park users. Smoking is allowed in public rights-of-way including sidewalks. For more information visit seattle.gov/parks/smokingban/.



Seattle Parks & Recreation

healthy people healthy environment strong communities

Lifelong Recreation

4554 NE 41st Street
Seattle, WA 98105

CHANGE SERVICE REQUESTED

PRESORTED STANDARD
U.S. POSTAGE
PAID
SEATTLE, WA
PERMIT 152



Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress.



Kaiser Permanente Capitol Hill Building

Phone: 206-684-4753

Address: 125 16th Ave E, Level B, Fitness Center

Monday through Friday

- 8-9 a.m.
- 9:15-10:15 a.m.
- 10:30-11:30 a.m.

Mondays, Wednesdays, and Fridays

- 2-3 p.m.

***Fee is variable dependent on number of days in a session. About \$5/hour.**

Free to Kaiser Permanente and Silver and Fit members with Part B Medicare Advantage coverage.

TO REGISTER: Contact Miller CC at 206-684-4753.

Questions? Contact Amy Voros at 206-684-4240 or by email at amy.voros@seattle.gov

