



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

# LIFELONG *Recreation*



*EXPLORE MORE!*

**Fall  
2016**

Register:  
**August 9 at Noon**

Register online: [seattle.gov/parks](http://seattle.gov/parks)



# Welcome to Lifelong Recreation!

Fall Quarter 2016

October 3-December 16

No Programs and Facilities closed on:

November 11 Veteran's Day

November 24 and 25 Thanksgiving



## Tips for Navigating the Brochure

### REGISTRATION

Registration begins at noon, August 9, 2016. Detailed registration information is found on pages 38-39.

### BROCHURE ORGANIZATION

Our brochure is organized by geographic sector where you will find classes, trips, and community events. A staff directory and map of program locations is listed on pages 6-7.

### SIGNATURE PROGRAMS

Our signature programs are offered throughout the city and include Sound Steps Walking Program, Dementia Friendly Recreation, Explore U, and Back in Motion. Look for these programs following the geographic sector listings.

### SHAPE UP AND SCHOLARSHIPS

If you are new to any shape up class, receive \$10 off your first class. Scholarships are available to those that qualify.

### GENERATIONS WITH PRIDE

 We are working in partnership with 'Generations with Pride', a non-profit organization providing services for LGBTQ older adults and their families. Visit [www.generationswithpride.org](http://www.generationswithpride.org).

### BOOMERS PROGRAMS

 To accommodate your busy work schedule, morning, evening, and weekend programs are offered for Boomers.

### HIKES

 Our hikes and trail walks are popular! We are rating the level of difficulty with 1-4 boots. 1 easiest-4 hardest.



**E-Newsletter** Receive the Lifelong Recreation Newsletter!  
Go to [seattle.gov/parks/seniors/index.htm](http://seattle.gov/parks/seniors/index.htm) and add your email address.



For over 40 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!



## A Message From The Superintendent

Dear Neighbor,

As we move into fall and the kids are back in school, there's a crispness in the air and a switch of gears in our activities. It's time for cross-country, volleyball and youth flag football, and for heavier sweaters and boots. I hope you'll check out the listings at a community center near you and choose something you love to do.

I'm pleased to report that we at Seattle Parks and Recreation (SPR) are well on our way to meeting our Seattle Park District goals for 2016, the first full year of funding. New recreation programs getting up and running include Put Art in the Parks, Get Moving, Recreational Opportunities for All and Dementia-Friendly Programming.

Put the Art in Parks is a partnership with the Office of Arts & Culture to "activate" parks with about 40 temporary art installations and performances representing cultures and communities in Seattle from all over the world.

Get Moving is an effort to partner with nonprofits and community groups to get up to 1,000 participants "get moving" with fun, healthy activities.

Recreational Opportunities for All will help us reach deeper into the communities we serve by creating partnerships with neighborhood organizations and nonprofits to offer recreation programs to underserved populations.

Dementia-Friendly Programming provides opportunities for people living with memory loss throughout Seattle to stay active, be creative, explore nature, connect with others, and volunteer!

I hope you'll join us this fall, whether it's to play a sport, take a class, rent a facility, start swimming, learn about the environment, celebrate Halloween, provide a safe place for your teen or bring the kids for a cornucopia of activities. And remember, we're all about healthy people, healthy parks and strong communities.

We're working hard to increase access for everyone, and we'll be coming to you for feedback through surveys and evaluations as we strive to serve you better.

Follow me at @SPRSupt on Twitter to watch my fall activities, and please share your adventures with me!

Sincerely,  
Jesús

<b>Table of Contents</b>	
Location Map and Staff Directory	4-5
Fitness Classes at a Glance	6-7
Adult Sports	7
<b>Northwest</b>	8-11
Field Trips and Walks	8-9
Special Events and Social Programs	9
Arts and Handwork	10
Volunteer Opportunities	10
Drop-in Sports and Fitness Classes	10-11
<b>Northeast</b>	12-15
Field Trips and Hikes	12-13
Special Events and Social Programs	13
Arts and Handwork	13
Lifelong Learning	14
Drop-in Sports and Fitness Classes	14-15
<b>Central</b>	16-19
Field Trips	16
Special Events	17
Social Programs and Food and Fitness	17
Arts and Handwork	17
Lifelong Learning	18
Drop-in Sports and Fitness Classes	18-19
<b>Southwest</b>	20-23
Field Trips	20
Special Events and Social Programs	21
Arts and Handwork	21
Volunteer Opportunities	21
Lifelong Learning	22
Drop-in Sports and Fitness Classes	22-23
<b>Southeast</b>	24-27
Field Trips	24
Special Events	25
Social Programs and Food and Fitness	25
Arts and Handwork	25
Lifelong Learning	25
Drop-in Sports and Fitness Classes	26-27
<b>Signature Programs</b>	28-35
Back in Motion-for Chronic Pain	28
Explore U-Introduction Classes	29
Dementia Friendly Recreation	30-31
Sound Steps Walking Program	32-35
Dog Walks	35
Drop-in Fitness	36
Community Resources	37
Register for Programs	38-39

# Community Center Locations



Pages  
8-11

## Northwest

Jayla McGill, Recreation Specialist  
206-233-7138 / [jayla.mcgill@seattle.gov](mailto:jayla.mcgill@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

Pages  
12-15

## Northeast

Tamara Keefe, Recreation Specialist  
206-386-9106 / [tamara.keefe@seattle.gov](mailto:tamara.keefe@seattle.gov)

**6) LAKE CITY CC**  
12531 28th Ave. NE, 98125  
tel: 206 362-4378

**7) LAURELHURST**  
4554 NE 41st St., 98105  
tel: 206-684-7529

**8) MAGNUSON PARK**  
Community Center  
7110 62nd Ave. NE, 98115  
tel: 206-684-7026

The Brig Building 406  
6344 NE 74th St., 98115  
The Workshop Building 30  
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

Pages  
16-19

## Central

Carol Baxter-Clubine, Recreation Specialist  
206-684-4240 and 206-233-7255 / [carol.baxter@seattle.gov](mailto:carol.baxter@seattle.gov)

**12) BELLTOWN CC**  
415 Bell St., 98121  
tel: 206-684-7245

**13) GARFIELD CC**  
2323 E Cherry St., 98122  
tel: 206-684-4788

**14) INTERNATIONAL DISTRICT / CHINATOWN CC**  
719 8th Ave. S, 98104  
tel: 206-233-0042

**15) MILLER CC**  
330 19th Ave. E, 98112  
tel: 206-684-4753

**16) MONTLAKE CC**  
1618 E Calhoun St., 98112  
tel: 206-684-4736

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

Pages  
20-23

## Southwest

Mary Dalzell, Recreation Specialist  
206-935-2162 / [mary.dalzell@seattle.gov](mailto:mary.dalzell@seattle.gov)

**18) ALKI CC**  
5817 SW Stevens St., 98116  
tel: 206-684-7430

**19) DELRIDGE CC**  
4501 Delridge Way S, 98106  
tel: 206-684-7423

**20) HIAWATHA CC**  
2700 California Ave. SW, 98116  
tel: 206-684-7441

**21) HIGH POINT CC**  
6920 34th Ave. SW, 98126  
tel: 206-684-7422

**22) SOUTH PARK CC**  
8319 8th Ave. S, 98108  
tel: 206-684-7451

**23) SOUTHWEST CC**  
2801 SW Thistle St., 98112  
tel: 206-684-7438

Pages  
24-27

## Southeast

Angela P. Smith, Recreation Specialist  
206-684-7484 / [angelap.smith@seattle.gov](mailto:angelap.smith@seattle.gov)

**24) JEFFERSON CC**  
3801 Beacon Ave. S, 98108  
tel: 206-684-7481

**25) RAINIER CC**  
4600 38th Ave. S, 98118  
tel: 206-386-1919

**26) RAINIER BEACH CC**  
8825 Rainier Ave. S, 98118  
tel: 206-386-1925

**27) VAN ASSELT CC**  
2820 S Myrtle St., 98108  
tel: 206-386-1921

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

Pages  
28-35

## Signature Programs

**Sound Steps Walking Program and Food and Fitness**  
Jill Ellison: 206-684-4664  
[sound.steps@seattle.gov](mailto:sound.steps@seattle.gov)

**Dementia Friendly Recreation**  
Cayce Cheairs: 206-615-0100  
[cayce.cheairs@seattle.gov](mailto:cayce.cheairs@seattle.gov)

**Adult Sports**  
Jayson Powell: 206-684-7092  
[jayson.powell@seattle.gov](mailto:jayson.powell@seattle.gov)

SENIOR AEROBICS				
151154	Mon	8-9 a.m.	Magnolia	\$48
151806	Mon	9:30-10:30 a.m.	Queen Anne	\$40
151278	Mon	10:15-11:15 a.m.	Northgate	\$40
151136	Tue	9:30-10:30 a.m.	Magnolia	\$40
151077	Wed	8:30-9:30 a.m.	Jefferson	\$40
151155	Wed	9:15-10:15 a.m.	Magnolia	\$48
151812	Wed	9:30-10:30 a.m.	Queen Anne	\$40
151279	Thu	9-10 a.m.	Northgate	\$37
151138	Thu	9:30-10:30 a.m.	Magnolia	\$40
151156	Fri	8-9 a.m.	Magnolia	\$36
BODY CONDITIONING				
151126	Mon	9-10 a.m.	Rav-Eck	\$48
151140	Tue	10:50-11:50 a.m.	Bitter Lake	\$44
151127	Wed	9-10 a.m.	Rav-Eck	\$48
CHINESE DANCE - Drop-in \$3 (Age 65+ \$2)				
	Thu	10 a.m.-Noon	IDCC	
CIRCUIT TRAINING				
151078	Mon	8-9 a.m.	Rainier	\$50
151145	Tue	9:30-10:30 a.m.	Loyal Hts	\$46
151756	Tue	9:30-10:30 a.m.	Queen Anne	\$50
151757	Tue	10:45-11:45 a.m.	Queen Anne	\$50
151079	Wed	8-9 a.m.	Rainier	\$50
151146	Wed	9:30-10:30 a.m.	Loyal Hts	\$46
151147	Thu	9:30-10:30 a.m.	Loyal Hts	\$42
151758	Thu	9:30-10:30 a.m.	Queen Anne	\$50
151759	Thu	10:45-11:45 a.m.	Queen Anne	\$50
DANCE FITNESS FOR LIFE				
151148	Tue	9:05-10:05 a.m.	Bitter Lake	\$42
151149	Thu	9:05-10:05 a.m.	Bitter Lake	\$39
DANCE FOR PARKINSON'S - 9/8-10/27 - Free				
151791	Thu	11 a.m. -12:30 p.m.	Garfield	
ENHANCE FITNESS				
151243	Mon	9-10 a.m.	Lake City	\$40
151082	Mon	9:15-10:15 a.m.	Rainier	\$40
151151	Mon	12:30-1:30 p.m.	Magnolia	\$52
151762	Mon	2-3 p.m.	Group Health	\$40
151763	Mon	3:15-4:15 p.m.	Group Health	\$40
151764	Tue	8-9 a.m.	Group Health	\$40
151129	Tue	8-9 a.m.	Mag Brig	\$40
151128	Tue	9-10 a.m.	Mag Brig	\$40
151765	Tue	9:15-10:15 a.m.	Group Health	\$40
151766	Tue	10:30-11:30 a.m.	Group Health	\$40
151244	Wed	9-10 a.m.	Lake City	\$40
151083	Wed	9:15-10:15 a.m.	Rainier	\$40
151152	Wed	12:30-1:30 p.m.	Magnolia	\$52
151767	Wed	2-3 p.m.	Group Health	\$40
151768	Wed	3:15-4:15 p.m.	Group Health	\$40
151769	Thu	8-9 a.m.	Group Health	\$40
151130	Thu	9-10 a.m.	Mag Brig	\$37
151770	Thu	9:15-10:15 a.m.	Group Health	\$40
151771	Thu	10:30-11:30 a.m.	Group Health	\$40
151772	Fri	8-9 a.m.	Group Health	\$40
151246	Fri	9-10 a.m.	Lake City	\$33

151131	Fri	9-10 a.m.	Mag Brig	\$33
151773	Fri	9:15-10:15 a.m.	Group Health	\$40
151084	Fri	9:15-10:15 a.m.	Rainier	\$40
151774	Fri	10:30-11:30 a.m.	Group Health	\$40
151153	Fri	12:30 -1:30 p.m.	Magnolia	\$56
151775	Fri	2-3 p.m.	Group Health	\$40
151776	Fri	3:15-4:15 p.m.	Group Health	\$40
FITNESS AT ALKI				
151080	Mon	10-11 a.m.	Alki	\$40
151081	Wed	10-11 a.m.	Alki	\$40
FIT PLUS				
151144	Thu	8-9 a.m.	Mag Brig	\$44
HAWAIIAN HULA DANCE				
TBA	Tue	5:45-6:45 p.m.	Green Lake	\$40
LINE DANCE				
151167	Mon*+	10-10:45 a.m.	Bitter Lake	\$31
151168	Mon**	10:45-11:45 a.m.	Bitter Lake	\$41
151169	Mon*	Noon-1 p.m.	Bitter Lake	\$41
150361	Mon *	6:45-7:45 p.m.	Rainier	\$40
150365	Mon**	7:45-8:45 p.m.	Rainier	\$40
151088	Tue	10:15-11:15 a.m.	Hiawatha	\$40
149745	Tue	6:30-7:30 p.m.	Alki	\$40
151360	Tue*	6:30-7:30 p.m.	Mag Brig	\$40
151358	Wed**	10-11a.m.	Mag Brig	\$40
151359	Wed**	11:15 a.m.-12:15 p.m.	Mag Brig	\$40
151357	Wed*	12:30-1:30 p.m.	Mag Brig	\$40
151792	Thu	6:15-7 p.m.	Queen Anne	\$36
151096	Thu*	11:30 a.m.-12:30 p.m.	Van Asselt	\$40
151097	Thu**	1-2 p.m.	Van Asselt	\$40
151091	Fri*+	10-11 a.m.	Jefferson	\$40
151356	Fri*+	10-11 a.m.	Rav-Eck	\$33
*Beginner **Advanced-Beginner **Intermediate ***Advanced				
Drop-In Line Dance \$3 (Age 65+ \$2)				
	M & F	11 a.m.-12:30 p.m.	IDCC	
NIA				
Session 1: 9/20-10/18				
151092	Tue	10:15-11:15 a.m.	Delridge	\$50
Session 2: 11/1-12/6 *no class 11/22				
151093	Tue	10:15-11:15 a.m.	Delridge	\$50
Session 1: 10/7-11/4				
151261	Fri	10-11 a.m.	Meadowbrook	\$50
Session 2: 11/18; 12/2-12/16				
151262	Fri	10-11 a.m.	Meadowbrook	\$40
GENTLE PILATES				
151161	Mon	11:30 a.m.-12:30 p.m.	Loyal Hts	\$52
151150	Wed	11:30 a.m.-12:30 p.m.	Northgate	\$48
MEDITATION - CHINESE				
Session 1				
TBA	Thu	9:15-10:15 a.m.	IDCC	\$25
Session 2				
TBA	Thu	9:15-10:15 a.m.	IDCC	\$25
STRENGTH AND CONDITIONING				
151281	Fri	7:45-8:45 a.m.	Laurelhurst	\$40
151821	Fri	9-10 a.m.	Garfield	\$50

SWAY AND DANCE FITNESS				
151114	Wed	10:30 - 11:30 a.m.	Delridge	\$45
TAI CHI				
All Levels				
151823	Mon	11:15 a.m.-12:15 p.m.	Montlake	\$40
151824*	Mon	5:30-6:30 p.m.	Garfield	\$33
* class runs 10/3-11/28				
Session 1: 7/11-25				
145982	Mon	7-8 p.m.	Green Lake	\$12
Session 2: 8/1-29				
145983	Mon	7-8 p.m.	Green Lake	\$20
151825	Tue	10-11 a.m.	Queen Anne	\$40
150432	Tue	12:30-1:30 p.m.	Yesler	\$40
151834*	Thu	10:30-11:30 a.m.	Miller	\$36
* class runs 10/13-12/15				
151282	Thu	6:30-7:30 p.m.	Mag Brig	\$64
151180	Fri	11:30 a.m.-12:20 p.m.	Loyal Hts	\$31
Beginning				
151283	Mon	1-2 p.m.	Northgate	\$40
Intermediate				
151284	Mon	2-3 p.m.	Northgate	\$40
151826	Thu	12:15-1:15 p.m.	Queen Anne	\$36
Drop-in Tai Chi at Rainier Beach \$3/Drop-in				
	M/Th	9:30-10:30 a.m.	Rainier Beach	
TAP DANCE				
151216	Thu	2-3 p.m.	Delridge	\$45
CHAIR YOGA - Free				
151785	Tue	12:30-1:30 p.m.	Miller	
GENTLE YOGA				
151348	Mon	9-10 a.m.	Meadowbrook	\$45
151162	Mon	10-11 a.m.	Loyal Hts	\$45
151786	Mon	10:30-11:30 a.m.	Miller	\$45
151349	Tue	8-9 a.m.	Laurelhurst	\$45
151788	Tue	8:30-9:30 a.m.	Montlake	\$45
151351	Tue	9-10 a.m.	Northgate	\$45
151350	Tue	10-11 a.m.	Mag Brig	\$45
151352	Wed	9-10 a.m.	Meadowbrook	\$45
TBA	Wed	5:30-6:30 p.m.	Rainier Beach	\$45
151790	Thu	8:30-9:30 a.m.	Montlake	\$41
151789	Thu	9-10 a.m.	Garfield	\$41
151353	Thu	4:30-5:30 p.m.	Laurelhurst	\$50
151086	Fri	8-9 a.m.	Rainier	\$45
TBA	Fri	9:15-10:15 a.m.	Magnolia	\$37
151354	Fri	9:30-10:30 a.m.	Rav-Eck	\$37
151163	Fri	10:15-11:15 a.m.	Loyal Hts	\$37
151355	Sat	9-10 a.m.	Meadowbrook	\$41
Gentle Yoga Drop-in \$3 (Age 65+ \$2)				
	Wed	3-4 p.m.	IDCC	
HATHA YOGA				
151778	Mon	10-11 a.m.	Queen Anne	\$45
151085	Tue	9-10 a.m.	Delridge	\$48
151779	Wed	11 a.m.-Noon	Queen Anne	\$45
151205	Fri	11 a.m.-Noon	High Point	\$40

SLOW FLOW YOGA				
151179	Wed	9:30-10:30 a.m.	Ballard	\$41
VINI YOGA				
151780	Tue	11:30 a.m.-12:30 p.m.	Queen Anne	\$45
151781	Tue	5:30-6:30 p.m.	Queen Anne	\$45
151181	Fri	9:15-10:15 a.m.	Magnolia	\$37
151782	Fri	11 a.m.-Noon	Queen Anne	\$37
ZUMBA® GOLD				
151112	Mon	8:30-9:30 a.m.	Jefferson	\$45
151839	Mon	5-6 p.m.	Queen Anne	\$45
151191	Tue	10-11 a.m.	Alki	\$45
149899	Tue	10:30-11:30 a.m.	Loyal Hts	\$41
151187	Wed	10:30-11:30 a.m.	Magnolia	\$45
151287	Wed	10:30-11:30 a.m.	Meadowbrook	\$45
151838	Wed	5-6 p.m.	Queen Anne	\$45
151195	Thu	10-11 a.m.	Delridge	\$45
151288	Thu	10:30-11:30 a.m.	Northgate	\$41
151188	Fri	10:30-11:30 a.m.	Magnolia	\$37
151113	Fri	11 a.m.-Noon	Jefferson	\$45

## ADULT SPORTS

### PICKLEBALL TOURNAMENTS

Grab a partner and your paddle! Adult Sports is hosting a Mixed Doubles Tournament on September 17, as well as a Men's and Women's Doubles Tournament on December 10. There will be a men's division and a women's division. Matches are played with the best 2 out of three games to 11 points.

If you are interested in participating as a team or individual, contact Jayson Powell, Adult Sports Program Coordinator, at 206-684-7092.

#### Mixed Doubles Tournament

**Date:** Saturday 9/17 10 a.m.-3 p.m.

#### Men's and Women's Mixed Doubles Tournament

**Date:** Saturday 12/10 10 a.m.-3 p.m.

**Location:** Rainier Community Center  
8825 Rainier Ave S, 98118

**Cost:** \$15/Team or \$8/Person





**Jayla McGill**  
Northwest Recreation Specialists

206-233-7138  
jayla.mcgill@seattle.gov  
robin.oleary@seattle.gov



**Robin O'Leary**  
Northwest Recreation Specialists

**REGISTRATION**

Registration and payment details for all classes and trips can be found on page 38.

**TRIPS**

**Pick Up Request:**

Following trip registration, contact Jayla/Robin at 206-233-7138 to request your pick up location. 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.

**PICKUP SITES FOR TRIPS**

**Ballard Community Center**  
6020 28th Ave. NW  
**Bitter Lake Community Center**  
13035 Linden Ave. N

**PICKUP TIMES FOR TRIPS**

**Southbound Trips:**

**Bitter Lake:** pickup 20 min before time listed;  
**Ballard:** pickup at trip time listed.

**Northbound Trips:**

**Ballard:** pickup 20 min before time listed;  
**Bitter Lake:** pickup at trip time listed.

## Field Trips

**Pioneer Square and Seattle Harbour Cruise** \$8 + Fee

Time in Pioneer square to explore, then enjoy an Argosy cruise! During this 1-hour narrated cruise you'll learn Seattle history, be dazzled by the ever-evolving Emerald City skyline, explore the workings of our shipping port, get a close-up view of Seattle's historic waterfront, all wrapped up in the natural beauty of Elliott Bay and the surrounding Olympic and Cascade Mountain ranges. **Please bring \$21 for cruise admission.**

**Southbound**  
151157 10/12 Wed 9:30 a.m.-3 p.m.

**Transit Control Center Tour and Light Rail Trip to Airport** \$8

Tour the Operations Center for Metro Transit and Puget Sound Light Rail. Following the tour we will board the light rail to the airport stopping once for lunch. Instructional ridership skills provided. **Lunch on own.**

**Southbound**  
151158 11/9 Wed 9 a.m.-4 p.m.

**Steilacoom and McNeil Island** \$26  
Call Robin for details!

**Fort Lewis Army Museum** **Closed for Renovation** \$20  
Enjoy this tour of Lewis Army Museum. It is housed in the historic former Red Shield Inn, which is listed on the National Register of Historic Places and can be seen prominently from Interstate 5. **Lunch on your own.**

**Southbound**  
151159 11/30 Wed 9:30 a.m.-3:30 p.m.

**Warm Beach Christmas Lights** \$20 + Fee

The holiday-themed park is decked out with over one million lights in various creative displays. In addition to the light displays attendees can enjoy a variety of live entertainment, children's activities, food and snacks, shop for gifts made by local artists, and sip lattes around one of the warming fires. **Please bring \$12 cash for admission. Dinner on own.**

**Northbound**  
151160 12/8 Thu 3:30-9 p.m.

### Walks

**Nisqually Wildlife Refuge** \$20

Short walk, long walk, medium walk; find the walk that is just right for you at Nisqually Wildlife Refuge. This is a great location and time of year for ducks and geese to overwinter. If you enjoy bird watching bring binoculars. **Bring a sack lunch.**

**Southbound**  
151183 10/19 Wed 9 a.m.-4 p.m.

**Theler Wetlands at Belfair** \$20

Take a walk on the wetlands side! Theler Wetlands are at the head of the Hood Canal. Many trail options are available and a lot of natural habitat. **Bring a sack lunch.**

**Southbound**  
151184 10/26 Wed 9 a.m.-4 p.m.

## Field Trips

### Centennial Trail Walk \$15

Enjoy a 3-mile walk on the Centennial Trail located by Lake Stevens. Enjoy views of nature, mountains, and farms. Trail is paved, restrooms are located at trail points. **Bring a sack lunch.**

#### Northbound

151185 11/16 Wed 9 a.m.-2 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. Van departs from Ballard CC at 11 a.m.. Lunch on your own.**

### Calcutta Grill \$\$ \$15

Voted one of the Top 100 Scenic View Restaurants in America! Located at Newcastle Golf Course.

151174 10/5 Wed 11 a.m.-2:30 p.m.

### Fat's Chicken and Waffles \$\$ \$8

Enjoy ethnic soul food in South Seattle.

151173 11/2 Wed 11 a.m.-2:30 p.m.

### Edmonds Culinary Arts \$ \$10

Enjoy lunch in the Edmonds College Café, which is operated by students in the culinary arts.

151175 12/14 Wed 11 a.m.-2:30 p.m.

## Special Events

### Magnolia Social Free

Calling all nearby residents Age 50+! Enjoy a catered lunch and bingo hosted by Magnolia Church of the Ascension, 2330 Viewmont Way West, Seattle, WA 98199. **Pre-registration required by 11/4.** For questions or to register contact robin.oleary@seattle.gov, or call 206-233-7138.

151176 11/16 Wed 11:30 a.m.-1:30 p.m.

## Social Programs

### Games

#### Drop-in Bridge \$3 (Age 65+ \$2)

Drop-in play for bridge players.

Wed	9 a.m.-Noon	Magnolia
Wed	10:30 a.m.-1:30 p.m.	Ballard
Thu	1:30-4:30 p.m.	Bitter Lake

#### Drop-In Mah Jong Free

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 Mah Jong set if you have one.

Fri	11 a.m.-1 p.m.	Loyal Heights
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### Movies

#### Lunch and a Movie at Loyal Heights \$8/each

**Enjoy movies as they were meant to be seen - on the big screen! A scrumptious lunch is provided!**

**Advance registration required. Max 16.**

#### Ghostbusters

PG • 1984 • Comedy •  
 Bill Murray, Dan Aykroyd - Three former parapsychology professors set up shop as a unique ghost removal service.

151170 10/13 Thu 11:30 a.m.-2 p.m. Loyal Heights

#### Cabaret

PG • 1972 • Musical •  
 Liza Minnelli - A female girlie club entertainer in Weimar Republic era Berlin romances two men while the Nazi Party rises to power around them.

151171 11/10 Thu 11:30 a.m.-2 p.m. Loyal Heights

#### The Family Stone

PG 13 • 2005 • Comedy •  
 An uptight, conservative, businesswoman accompanies her boyfriend to his eccentric and outgoing family's annual Christmas celebration and finds that she's a fish out of water in their free-spirited way of life.

151172 12/8 Thu 11:30 a.m.-2 p.m. Loyal Heights

## Arts and Handwork

### Drop-In Adult Watercolor \$3 (Age 65+ \$2)

Bring your supplies and join others to create your own project. Each week a new still-life will be displayed. Meets every Friday.

Fri 11a.m.-3 p.m. Loyal Heights



### Watercolor at Magnolia \$71

Bring your paints, brushes, and joy of painting. A demonstration taught after each lesson with instruction. All skill levels welcome. Instructor: S Kahler.

151182 Mon 9:30 a.m. - 12:30 p.m. Magnolia

### Pottery: Beyond Bowls \$160

Learn hand building, wheel, and extruder techniques. Create one of a kind pieces in a relaxed environment. Classes are mixed level unless otherwise noted. Bring your own basic tool set, or one can be purchased for \$17.

Tuesday Session

TBA Tue 6-8:30 p.m. Ballard A Hays

Thursday Session

TBA Thu 6-8:30 p.m. Ballard M Cantrell

### Looking for more Art Opportunities?

See page 29 for Botanical Drawing and Painting at Volunteer Park Conservatory!

## Volunteer

### Helping Hands-Food Lifeline

#### Helping Hands: Free

#### South Park Food Lifeline

This is simple, two-hour, non-strenuous work, re-packing food to help feed the hungry. Bring your lunch for afterwards. Wear closed toe shoes. \* New Location in South Park.

**Pickups:** Bitter Lake at 8:45 a.m., Ballard at 9:05 a.m..

Please call 206-233-7138 with your pickup site.

151164 10/11 Tue 9:05 a.m.-2:30 p.m.

151165 11/8 Tue 9:05 a.m.-2:30 p.m.

151166 12/6 Tue 9:05 a.m.-2:30 p.m.

## Drop-in Sports

### Drop-In Pickleball \$3 (Age 65+ \$2)

Mon 11 a.m.-1 p.m. Magnolia

Tue 10:30 a.m.-12:30 p.m. Loyal Heights

T/F 10:30 a.m.-12:30 p.m. Bitter Lake

Wed 6:30-8:30 p.m. Ballard

Fri Noon-2 p.m. Loyal Heights

### Pickleball Skills \$18

Learn to improve your skills and increase your confidence in your playing ability.

151177 Fri 10:30 a.m. - noon Loyal Hts M Anderson

## 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.



151154 Mon 8-9 a.m. Magnolia KAdolphsen \$48

151136 Tue 9:30-10:30 a.m. Magnolia M Huber \$44

151155 Wed 9:15-10:15 a.m. Magnolia KAdolphsen \$48

151138 Thu 9:30-10:30 a.m. Magnolia M Huber \$44



151156 Fri 8-9 a.m. Magnolia KAdolphsen \$36

#### Dance Fitness for Life

Fluid movements are used during this low-impact dance aerobics class. Feel stronger and become more flexible.

151148 \* Tue 9:05-10:05 a.m. Bitter Lake J Rayor \$42

151149\* Thu 9:05-10:05 a.m. Bitter Lake J Rayor \$39

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



#### Hawaiian Hula Dance \$40

Learn dance steps, hand movements, language, and customs in this fun low impact class. Fit them together in the telling of a story. Hawaiian shirt and coconut bra optional!

TBA Tue 5:45-6:45 p.m. Green Lake E Mumm

# Fitness Classes

## Line Dance

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

151167*	Mon**	10-10:45 a.m.	Bitter Lake	L Reese	\$31
151168*	Mon**	10:45-11:45 a.m.	Bitter Lake	L Reese	\$41
151169*	Mon*	Noon-1 p.m.	Bitter Lake	L Reese	\$41

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

\*Beginner \*\*Advanced-Beginner \*\*Intermediate \*\*\*Advanced

## 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!

TBA	Tue	10:30-11:30 a.m.	Loyal Heights	L Yetter	\$41
151187	Wed	10:30-11:30 a.m.	Magnolia	M Jorgensen	\$45
151188	Fri	10:30-11:30 a.m.	Magnolia	M Jorgensen	\$37

## Strength and Conditioning

### Body Conditioning

\$44

Build total body muscle strength utilizing dynabands, free weights, and fitness balls.

151140*	Tue	10:50-11:50 a.m.	Bitter Lake	G Keeble	
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\*Class qualifies for \$10 off **SHAPE UP COUPON** if you are a new student.

### Circuit Training

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

151145*	Tue	9:30-10:30 a.m.	Loyal Heights	R Buyce	\$46
151146*	Wed	9:30-10:30 a.m.	Loyal Heights	R Buyce	\$46
151147*	Thu	9:30-10:30 a.m.	Loyal Heights	R Buyce	\$42

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

### Enhance Fitness

Varies

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. *Free to Group Health members with Part B Medicare coverage.*

151151	Mon	12:30-1:30 p.m.	Magnolia	K Adolphsen	\$52
151152	Wed	12:30-1:30 p.m.	Magnolia	K Adolphsen	\$52
151153	Fri	12:30-1:30 p.m.	Magnolia	K Adolphsen	\$56

\*Classes are ongoing at Magnolia

## Tai Chi

### Tai Chi

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

151180*	Fri	11:30 a.m.-12:20 p.m.	Loyal Heights	C Tan	\$31
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\*Class qualifies for \$10 off **SHAPE UP COUPON** if you are a new student.

#### Green Lake Session 1

	TBA	Mon	7-8 p.m.	Green Lake	J Guidon	\$12
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#### Green Lake Session 2

	TBA	Mon	7-8 p.m.	Green Lake	J Guidon	\$20
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## Yoga and Pilates

### Gentle Yoga

Burn calories while learning poses that strengthen and stretch your muscles in a total mind-body workout that emphasizes deep breathing and correct body alignment.

151162*	Mon	10-11 a.m.	Loyal Heights	P Talcott	\$45
141929	Fri	9:15-10:15 a.m.	Magnolia	L Dunbar	\$37
151163*	Fri	10:15-11:15 a.m.	Loyal Heights	P Talcott	\$37

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

### Slow Flow Yoga

\$41

151179	Wed	9:30-10:30 a.m.	Ballard	J Rhodes	
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### Vini Yoga

\$37

151181	Fri	9:15-10:15 a.m.	Magnolia	L Dunbar	
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### Gentle Pilates

\$52

Stabilize and strengthen your core and back, while improving your flexibility and posture.

151161*	Mon	11:30 a.m.-12:30 p.m.	Loyal Hts	D Dragovich	
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\*Class qualifies for \$10 off **SHAPE UP COUPON** if you are a new student.



**Tamara Keefe**  
**Northeast Recreation Specialist**  
 206-386-9106  
 tamara.keefe@seattle.gov

**REGISTRATION**

Registration and payment details for all classes and trips can be found on page 38.

**TRIPS**

**Pick Up Request:**

Following trip registration, contact Tamara at 206-386-9106 to request your pick up location. 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.

**PICKUP SITES AND TIMES FOR TRIPS**

- Magnuson Brig**  
 (Bldg 406) 6344 NE 74th St.  
 Pickup 30 minutes before time listed.
- Meadowbrook Community Center**  
 10517 35th Ave. NE  
 Pickup 15 minutes before time listed.
- Northgate JC Penney**
- Parking Garage**  
 (between south entrance and garage)  
 Pickup at time listed.

## Field Trips NE

 **A Raisin in the Sun - Seattle Repertory Theatre**

Racial intolerance attempts to derail a family's dreams in Lorraine Hansberry's 1959 masterpiece, which "changed American theater forever" (New York Times) and continues to resonate with generation after generation. **Bring \$10 cash for ticket.**

151134 10/8 Sat 12:45-5 p.m.

**Harvest Time** \$17

Get out of the city and learn a bit of farm history, support local agriculture by bringing home pumpkins for baking or carving, gourds for decorating, and apples for saucing--and maybe even find your way out of a corn maze. **Enjoy lunch on your own nearby.**

151137 10/24 Mon 9:30 a.m.-3 p.m.

**Bellevue Botanical Garden** \$14

The Bellevue Botanical Garden is an urban refuge, encompassing 53-acres of cultivated gardens, restored woodlands, and natural wetlands. Enjoy wandering, and noticing the autumn beauty. **Lunch on your own nearby.**

151133 10/31 Mon 10 a.m.-2:30 p.m.

**Sea of Green Farms** \$12

Tour Seattle's first cannabis producer to be licensed under I-502. Learn about this mission-driven company's process from seedling to harvest, and have an opportunity to ask questions. **Enjoy lunch on your own nearby.**

151139 11/14 Mon 10 a.m.-2:30 p.m.

\$10 + fee

 **Urban Craft Uprising**

\$10

Started in 2005 to showcase the work of independent crafters, artists, and designers, Urban Craft Uprising is the largest indie craft event in Seattle and the Pacific Northwest. **Enjoy lunch on your own.**

151141 12/3 Sat 10 a.m.-2:30 p.m.

**Governor's Mansion Holiday Tour** \$25

Back by request! Enjoy the seasonally and beautifully decorated residence in Washington's capitol city. You may be inspired to sing fa la la la la la la la all the way home. **Please bring photo ID. Lunch on your own.**

151135 12/7 Wed 10:30 a.m.-4 p.m.

### Hikes

Explore beautiful parks and trails in this hiking program. Hikes are usually about 3 miles on varied terrain. We hike rain or shine. Be prepared for wet or muddy trails with appropriate clothing and footwear. Bring snacks/lunch and other essentials.

**Franklin Falls**  \$22

A beautiful destination for hikers who enjoy waterfalls. About 2 miles roundtrip with 400 feet in elevation gain. Hike through a thick canopy of coniferous trees before reaching the spectacular endpoint.

151263 10/10 Mon 9:30 a.m.-2:30 p.m.

## Field Trips NE

**Mercer Slough Nature Park**  \$8  
 Hike the 4-mile loop trail around Lake Washington's largest remaining wetland. Visit the Mercer Slough Environmental Education Center and learn about the 170 species of wildlife that call this habitat home. **A joint Sound Steps and NE sector hike. Northgate JC Penney Parking Garage and Jefferson CC pick-ups only.**

151264 11/7 Mon 9:30 a.m.-1:30 p.m.

## Nature Walks

**Fall Migration Bird Walk** \$15  
 Magnuson Park is home to over 200 species of birds that either live in the park year-round, migrate there in spring to nest, or arrive in fall to spend the winter. October is a great time to spot year-round residents as well as fall migrants and winter arrivals! We'll be on the lookout for signs of new Beaver activity and Pacific Chorus Frogs who are making their way from forested areas back to the wetlands. Be prepared for 1-2 miles of walking on level ground on the trails of the Wetlands Complex and Flyway. If you want to borrow binoculars, please let us know when you register for the walk. Meet at the Central Wetlands Complex entry in parking lot E-5. Leader: Emily Bishton, Magnuson Nature Educator and Master Birder.

151260 10/13 Thu 9-11 a.m. Magnuson Park

## Social Programs

**Laurelhurst Book Club** Free  
 Meets the third Wednesday of every month. Pick up the latest book at Laurelhurst CC. Meets: 10/19, 11/16, 12/21.

151257 Wed 1-2 p.m. Laurelhurst

**Meadowbrook Book Club** Free  
 Meets the third Thursday of every month. Pick up the latest book at Meadowbrook CC. Meets: 10/20, 11/17, 12/15.

151258 Thu 11 a.m.-Noon Meadowbrook

## Arts and Handwork

**Painting in Community** \$30  
 Join others to paint in any water medium, using your own supplies.

151265 Tue 10 a.m.-Noon Mag Brig

### Looking for more Art Opportunities?

See page 29 for Botanical Drawing and Painting at Volunteer Park Conservatory!

### Meet Emily Bishton, Magnuson Nature Programs Director and Lead Educator!

Emily has been teaching children and adults about gardening and nature throughout the Puget Sound region since 1995, and co-founded Magnuson Nature Programs along with the current and former Magnuson Community Center coordinators in 2005. The programs have grown greatly during the years since, and now include nature classes, camps, school field trips, special events, and nature walks, attended by thousands of children, adults, and families. Emily's classroom is in the Magnuson Brig building, and conversations with Lifelong Recreation Coordinator Cheryl Brown led to the idea to add nature walks for Lifelong Recreation attendees too! Emily draws upon her Audubon Master Birder training as well as over 30 years of exploring Magnuson Park to guide nature walk attendees in explorations of the wetlands, forest, and other natural areas in Magnuson Park.

In addition, she has been a garden designer for nearly 20 years, and her work includes the Bird-friendly Landscape and Resource Conservation Landscape in front of Magnuson Community

Center. She also teaches sustainable gardening classes for municipalities and garden clubs across the Puget Sound area. Emily thoroughly enjoys being outside, whether in a garden or natural area, and whether it's an event filled with tots, seniors, or anyone in between. Sign up for a nature walk and discover the fun!



Emily Bishton, third from right, leading a nature program.

## Lifelong Learning

### Medicare 101

Free

Learn Medicare basics, the different premiums, and copays in the Medicare and YOU handbook, and then discover how to spend even less on healthcare while having more fun! Taught by J. Yragui, BS Pharmacy, MBA. Available the 2nd and 4th Wednesday of each month.

151259 2nd and 4th Wednesdays 11 a.m. - 1 p.m. Northgate

### Write Your Life Story

\$12

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

151285 Mon 10 a.m. - noon Meadowbrook

### NEW

### Living Well with Chronic Health Conditions

Free

Join Iora Primary Care for a six-session workshop to learn how to better manage your chronic conditions such as diabetes, high blood pressure, and heart disease. Each session focuses on problem-solving, decision-making, and coping skills proven to help confront the ever-changing challenges of living with chronic conditions.

151256 10/4-11/8 Tue 10 a.m.-12:30 p.m. Northgate

### AARP Drivers Safety \$20/\$15 AARP Members

This is an opportunity to refresh your knowledge of driving skills and rules of the road. By completing this 8-hour course, you may be eligible to receive a discount on your car insurance. **Please pre-register. \$20 fee (\$15 for AARP members) payable to instructor.**

 151124 10/15, 10/22 Sat 9:30 a.m.-1:30 p.m. Meadowbrook  
151125 11/14-11/15 M, T 9:30 a.m.-1:30 p.m. Meadowbrook

### NEW

### Smart Phone Mentoring

Free

Would you like to understand your phone better? Whether you'd like to add a contact phone number, text message, take a selfie, or just want to figure out how to use your smart phone more efficiently, help is available thanks to the NE Library techies. Remember, it's only useful if you use it! **Please contact Tamara to specify which device you will bring, and be sure to come with it fully charged.**

151291 11/10 Thu 10:30 a.m.-Noon Mag Brig

## Drop-in Sports

### Drop-In Pickleball

\$3 (Age 65+ \$2)

Mon	10 a.m.-1 p.m.	All Levels	Rav-Eck
Tue	9:30-11:30 a.m.	Recreational	Magnuson
Tue	10 a.m.-Noon	Advanced/Competitive	Meadowbrook
Tue	Noon-2 p.m.	Beginners/Recreational	Meadowbrook
Wed	10 a.m.-1 p.m.	All Levels	Rav-Eck
Thu	10 a.m.-Noon	Advanced/Competitive	Meadowbrook
Thu	Noon-2 p.m.	Beginners/Recreational	Meadowbrook
Fri	11:30 a.m.-2 p.m.	Intermediate/Advanced	Rav-Eck

Note: subject to change during public school breaks.

## 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.

151278	Mon	10:15-11:15 a.m.	Northgate	TBD	\$40
151279	Thu	9-10 a.m.	Northgate	TBD	\$37

### Nia

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

### 10/7-11/4

151261	Fri	10-11 a.m.	Meadowbrook	N Scher	\$50
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### 11/18; 12/2-12/16

151262	Fri	10-11 a.m.	Meadowbrook	N Scher	\$40
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### Line Dance

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

151360	Tue*	6:30-7:30 p.m.	Mag Brig	D Hunsaker	\$40
151358	Wed**	10-11 a.m.	Mag Brig	L Reese	\$40
151359	Wed**	11:15 a.m.-12:15 p.m.	Mag Brig	L Reese	\$40
151357	Wed*	12:30-1:30 p.m.	Mag Brig	L Reese	\$40
151356	Fri**	10-11 a.m.	Rav-Eck	D Hunsaker	\$33

\*Beginner \*\*Advanced-Beginner \*\*Intermediate \*\*\*Advanced

# Fitness Classes

## 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!

151287	Wed	10:30-11:30 a.m.	Meadowbrook	Mish Mish	\$45
151288	Thu	10:30-11:30 a.m.	Northgate	Mish Mish	\$41

## Strength and Conditioning

### Body Conditioning

\$48 

Build total body muscle strength utilizing dynabands, free weights, and fitness balls.

151126	Mon	9-10 a.m.	Rav-Eck	C Lorenz
151127	Wed	9-10 a.m.	Rav-Eck	C Lorenz

### Enhance Fitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. *Free to Group Health members with Part B Medicare coverage.*

	151243	Mon	9-10 a.m.	Lake City	F Mateo	\$40
	151129	Tue	8-9 a.m.	Mag Brig	J Shearer	\$40
	151128	Tue	9-10 a.m.	Mag Brig	J Shearer	\$40
	151244	Wed	9-10 a.m.	Lake City	C House	\$40
	151130	Thu	9-10 a.m.	Mag Brig	J Shearer	\$37
	151131	Fri	9-10 a.m.	Mag Brig	Mish Mish	\$33
	151246	Fri	9-10 a.m.	Lake City	F Mateo	\$33



### Fit Plus

\$44

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

151144	Thu	8-9 a.m.	Mag Brig	J Shearer
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### NEW

### 50+ Self-Defense

\$40

Train your body to react quickly and remain calm. Learn and practice techniques to empower yourself while contributing to better balance and overall fitness.

151123	Fri	1:30-2:30 p.m.	Rav-Eck
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### Strength and Conditioning

\$40

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

151281	Fri	7:45-8:45 a.m.	Laurelhurst	J Shearer
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## Tai Chi

### Tai Chi

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

Beginning

151283	Mon	1-2 p.m.	Northgate	J Proebstel	\$40
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Intermediate

151284	Mon	2-3 p.m.	Northgate	J Proebstel	\$40
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All Levels

151282	Thu	6:30-7:30 p.m.	Mag Brig	E Baxa	\$64
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## Yoga and Pilates

### Gentle Yoga

Burn calories while learning poses that strengthen and stretch your muscles in a total mind-body workout that emphasizes deep breathing and correct body alignment.

151348	Mon	9-10 a.m.	Meadowbrook	H Mair	\$45
151349	Tue	8-9 a.m.	Laurelhurst	J Robin	\$45
151351	Tue	9-10 a.m.	Northgate	F Marazzi	\$45
151350	Tue	10-11 a.m.	Mag Brig	J Robin	\$45
151352	Wed	9-10 a.m.	Meadowbrook	J Robin	\$45
151353	Thu	4:30-5:30 p.m.	Laurelhurst	J Robin	\$50
151354	Fri	9:30-10:30 a.m.	Rav-Eck	J Robin	\$37
151355*	Sat	9-10 a.m.	Meadowbrook	H Mair	\$41

\* no class 11/19

### Gentle Pilates

\$48

Stabilize and strengthen your core and back, while improving your flexibility and posture.

151150	Wed	11:30 a.m.-12:30 p.m.	Northgate	D Dragovich
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**Carol Baxter-Clubine**  
**Central Recreation Specialist**

Queen Anne CC - 206-684-4240  
Garfield CC - 206-233-7255  
carol.baxter@seattle.gov

**REGISTRATION**

Registration and payment details for all classes and trips can be found on page 38.

**TRIPS**

**Pick Up Request:**

Following trip registration, contact Carol at 206-684-4240/206-233-7255 to request your pick up location. 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.

**PICKUP SITES AND TIMES FOR TRIPS**

**CENTRAL WEST TRIPS (CW)**

**Queen Anne CC**-1901-1st Ave. W  
Northbound: pickup is at time listed;

Southbound: pickup is 15 minutes before time listed.

**Belltown CC**-415 Bell St.

Northbound: pickup is 15 minutes before time listed;

Southbound: pickup time is at time listed.

**CENTRAL EAST TRIPS (CE)**

**International District CC**-719 8th Ave. S  
Northbound: pickup is 30 minutes before time listed:

Southbound: Pickup is at time listed.

**Garfield CC**-2323 E Cherry St.

Northbound: pickup is 15 minutes before time listed;

Southbound: pickup is 15 minutes before time listed.

**Miller CC**-330 19th Ave. E

Northbound: pickup is at time listed;

Southbound: pickup is 30 minutes before time listed.

**Central Senior Center**-500 30th Ave. S

You will be called with your pickup time.

## Field Trips Central

**Walking the Tommy Thompson Trail CW** \$25

A most unique trail, once a railroad trestle, this is a flat 3.3 mile paved trail that will have you walking over Fidalgo Bay, give you views of Mt. Baker, and plenty of bird watching opportunities. **Enjoy lunch out on your own in Anacortes following.**

**NORTHBOUND** Queen Anne and Belltown pickups only.

151850 10/7 Fri 8 a.m.-3 p.m.

**Mystery Metro Field Trip CE** Free

New to the bus, or an avid user? This is a special trip to learn to use the bus, and the other special functions that Metro can do for you. Following a short workshop, we will all hop on the bus for a mystery trip! **Lunch out on your own.**

Garfield CC pickup only.

151852 10/14 Fri 10 a.m.-3 p.m.

**Fall Color Drive CW** \$15

We will hit the country roads to view the beautiful fall colors, driving through small towns, stopping at farms, and enjoying a leisurely day and all that fall has to offer. **Lunch out on your own.**

**SOUTHBOUND** Queen Anne and Belltown pickups only.

151853 10/21 Fri 9 a.m.-3:30 p.m.

**Treasure Hunt CE** \$10

Thrift store shopping is fun. You never know what kind of treasure you will find! We will head to the eastside to visit a few stores, and have **lunch out on your own.**

**NORTHBOUND** Garfield CC, Miller CC, IDCC, and Central Senior Center pickups.

151854 11/4 Fri 9 a.m.-3 p.m.

**Red Hat Luncheon CE** \$7

Red Hatters get ready! Enjoy lunch out and holidays with your friends. Restaurant TBD closer to the date.

**SOUTHBOUND** Garfield CC, Miller CC, IDCC, and Central Senior Center pickups only.

151855 12/9 Fri 11 a.m.-1:30 p.m.

**Holiday Light Tour CW** \$15 + Fee

Bellevue Botanical Garden puts on an amazing light display that you can walk through. With over ½-million lights, the garden is transformed into a blossoming winter wonderland. **Bring \$5 admission fee.** Afterwards we will enjoy **dinner, on your own**, at Bellevue Square where you will also be able to enjoy Snowflake Lane, which starts at 7 p.m. on Bellevue Way.

**NORTHBOUND** Queen Anne and Belltown pickups only.

151856 12/16 Fri 3:45-8:30 p.m.

## Special Events

 **Thanksgiving Feast Party** Free  
 Come join us for our annual Garfield Thanksgiving Feast. Be a part of the tradition and a full-scale Thanksgiving dinner with your community. Volunteers are welcomed for the event. **Call 206-684-4788 if you're interested or for more info.**

11/18 Fri 6:30-8 p.m. Garfield

 **Holiday Party** \$3  
 Come celebrate all of the seasons many wonders with your neighbors and friends at Garfield Community Center. **Pre-registration is required to receive a toy at the event. Call 206-684-4788 for details.**

12/16 Fri 6:30-8 p.m. Garfield

## Social Programs

### Food and Fitness Programs

Opportunities for elders to congregate and celebrate their culture and language. Each day provides lunch, social, educational, and fitness programs. Please call 206-684-4664 to reserve your meal.

Korean	Tue/Fri	10 a.m.-Noon	Miller
Vietnamese	Tue/Fri	10 a.m.-1 p.m.	Garfield

### Games

**Drop-in Bridge** \$3 (Age 65+ \$2)  
 Drop-in play for bridge players.

Tue*	12:30-3:30 p.m.	Queen Anne
Fri	1-4 p.m.	Montlake

\*Intermediate Play

**Drop-In Mah Jong** Free  
 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 Mah Jong set if you have one. American-style.

Fri	1:30-4:30 p.m.	Queen Anne
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**Games and Movies** Free  
 Come and enjoy Mah Jong, table tennis, Chinese chess, and Chinese movies every Tuesday and Friday afternoon.

Tue	3:30-5:30 p.m.	IDCCC
Fri	2:30-5:30 p.m.	IDCCC

**Table Tennis** Free

Tue	3:30-5 p.m.	IDCC
Fri	2:30-5 p.m.	IDCC

## Social Programs

### Lunch Programs

**Monday Meals** \$4 (\$30/8 meals)  
 First come-first served, after reserved meals are offered. To ensure a meal, make a reservation the Friday before by calling 206-684-4240. Fresh cooked healthy meals most Mondays. Menu subject to change without notice.

Mon	Noon-1 p.m.	Queen Anne
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### Movies

**Movies at Queen Anne** Free  
 Full list of movies posted at QACC. First choice not always available and subject to change. Popcorn included!

Wed	1:15-3:30 p.m.	Queen Anne
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## Arts and Handwork

**Crafty Ladies** Free  
 Drop-in knitting, crochet, needlepoint, or quilting.

Thu	1:30-4 p.m.	Queen Anne
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**Drawing and Watercolor at Queen Anne** \$76  
 This class is for beginning and intermediate students. Instructor Susan Schneider gives each student individual attention to enhance your skills and progression. Materials list will be given out on the first day of class.

151793	10/6-10/27	Thu	10 a.m.-Noon	Queen Anne
151794	11/3-12/1	Thu	10 a.m.-Noon	Queen Anne

Discount: Sign up for 2 classes and receive a rate of \$70/class

**Watercolor at Montlake** \$85  
 Whether you have never tried watercolors before, or are an experienced watercolorist, this class takes the mystery out of this often elusive medium. Working from photos and life, class lessons will include designing value plans for watercolors with punch, handling "edges" for atmospheric effects, watercolors and ink, and seasonal subjects.. Instructor: S Waite.

151804	9/28-11/16	Wed	10 a.m.-12:30 p.m.	Montlake
151805	9/28-11/16	Wed	1-3:30 p.m.	Montlake

### Performing Arts

**Reader's Theatre** \$20  
 Have you always wanted to try your hand at being on the stage? Here is your chance to clown around with us through readings and banter. Our actors always love the experience they have with this group, and we will do several performances at local retirement communities. Director: David Friedt.

10/5-12/7	Wed	1-3 p.m.	Garfield
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## Lifelong Learning

### ESL for Fun

Free  
Learning for fun using poems and songs. Gain self-confidence and become your own interpreter and translator. Instructor: W Nguyen.

Tue/Fri 9:30-10:30 a.m. Garfield

### Living Well with Chronic Conditions

Free  
Join Iora Primary Care for a 6-session workshop to learn how to better manage your chronic conditions such as diabetes, high blood pressure, and heart disease. Each session focuses on problem-solving, decision-making, and coping skills which have been proven to help you to confront the ever-changing challenges of living with chronic conditions.

151815 10/6-11/10 Thu 10 a.m.-12:30 p.m. Garfield

### Nutrition for Life \$25/each or \$65/all 3 Design What You Eat for Optimal Health

Learn what constitutes a healthy diet, based on the best nutrition research. Dispel some of the nutrition myths and get real answers. The class includes healthy meal planning with inexpensive ingredients, preparation tips, and cooking demonstrations. You can sample the food and leave with recipes. Instructor: Barry North.

151817 10/13 Thu 1-3 p.m. Garfield  
151818 10/27 Thu 1-3 p.m. Garfield  
151819 11/10 Thu 1-3 p.m. Garfield

### AARP Drivers Safety \$20/\$15 AARP Members

This is an opportunity to refresh your driving skills and rules of the road. By completing this 8-hour course, it is possible to receive a discount on your car insurance. **Pre-registration is required. \$20 fee (\$15 for AARP members) payable to instructor.**

151751 10/20 Thu 9 a.m. - 5 p.m. Garfield  
151752 11/8 Tue 9 a.m. - 5 p.m. Belltown  
151753 12/13 Tue 9 a.m. - 5 p.m. Miller

## Drop-in Sports

### Drop-in Pickleball \$3 (Age 65+ \$2)

Mon 6-9 p.m. IDCC  
Wed 7:30-9:15 a.m., call to confirm Montlake  
Fri 10 a.m.-Noon Miller

## 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 \$40

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

151806 Mon 9:30-10:30 a.m. Queen Anne  
151812 Wed 9:30-10:30 a.m. Queen Anne

### Chinese Dance - Drop-in \$3 (Age 65+ \$2)

Move with grace to traditional Chinese music.

Thu 10 a.m.-Noon IDCC

### Dance for Parkinson's Free

Explore dance movements in a welcoming environment with Live Music. 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. Ideal for those with Parkinson's disease, caregivers, and friends.

**Registration with NW Parkinson's Foundation also required at [www.nwpcf.org](http://www.nwpcf.org).**

151791 9/8-10/27 Thu 11 a.m.-12:30 p.m. Garfield

### Drop-in Line Dance \$3 (Age 65+ \$2)

Dance, Dance, Dance! Join this low-cost class and learn to dance. No experience or partner needed. Class is taught in Mandarin.

Mon 11 a.m.-12:30 p.m. IDCC  
Fri 11 a.m.-12:30 p.m. IDCC

### Line Dance \$36

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

151792 Thu 6:15-7 p.m. Queen Anne

### Zumba® Gold \$45

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! Instructor: L Yetter.

151839 Mon 5-6 p.m. Queen Anne  
151838 Wed 5-6 p.m. Queen Anne

# Fitness Classes

## Strength and Conditioning

### Circuit Training

\$50

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

151756	Tue	9:30-10:30 a.m.	Queen Anne
151757	Tue	10:45-11:45 a.m.	Queen Anne
151758	Thu	9:30-10:30 a.m.	Queen Anne
151759	Thu	10:45-11:45 a.m.	Queen Anne

### Enhance Fitness

\$40

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. *Free to Group Health members with Part B Medicare coverage.*

Location: Group Health Capitol Hill Building at  
125 16th Av E, Level B, Fitness Center

151762	Mon	2-3 p.m.	Group Health	G Keeble
151763	Mon	3:15-4:15 p.m.	Group Health	G Keeble
151764	Tue	8-9 a.m.	Group Health	C Grekoff
151765	Tue	9:15-10:15 a.m.	Group Health	C Grekoff
151766	Tue	10:30-11:30 a.m.	Group Health	C Grekoff
151767	Wed	2-3 p.m.	Group Health	G Keeble
151768	Wed	3:15-4:15 p.m.	Group Health	G Keeble
151769	Thu	8-9 a.m.	Group Health	C Grekoff
151770	Thu	9:15-10:15 a.m.	Group Health	C Grekoff
151771	Thu	10:30-11:30 a.m.	Group Health	C Grekoff
151772	Fri	8-9 a.m.	Group Health	C Grekoff
151773	Fri	9:15-10:15 a.m.	Group Health	C Grekoff
151774	Fri	10:30-11:30 a.m.	Group Health	C Grekoff
151775	Fri	2-3 p.m.	Group Health	G Keeble
151776	Fri	3:15-4:15 p.m.	Group Health	G Keeble

### Strength and Conditioning

\$50

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

151821	Fri	9-10 a.m.	Garfield	F Mateo
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## Meditation - Chinese

### Chinese Meditation

\$25

Balance body, mind, and spirit through the Eastern physical practice of meditation. Reduce your pain, manage anxiety, and inspire positive thinking.

Session 1

TBA	Thu	9:15-10:15 a.m.	IDCC	R Hu
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Session 2

TBA	Thu	9:15-10:15 a.m.	IDCC	R Hu
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Register online at [www.seattle.gov/parks](http://www.seattle.gov/parks)

## Tai Chi

### Tai Chi

Improve balance and posture, increase strength, and calm your mind.

151823	Mon	11:15 a.m.-12:15 p.m.	Montlake	R Friedman	\$40
151824*	Mon	5:30-6:30 p.m.	Garfield	L Robinson	\$33

\* class runs 10/3-11/28

151825	Tue	10-11 a.m.	Queen Anne	E Baxa	\$40
151834	Thu	10:30-11:30 a.m.	Miller	E Baxa	\$36

### Intermediate

151826*	Thu	12:15-1:15 p.m.	Queen Anne	E Baxa	\$36
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\* class runs 10/13-12/15

## Yoga

Burn calories while learning poses that strengthen and stretch your muscles in a total mind-body workout that emphasizes deep breathing and correct body alignment. Chair yoga is adapted for individuals with mobility challenges and is sponsored by Country Doctor Community Health Clinic

### Chair Yoga

Free

151785	Tue	12:30-1:30 p.m.	Miller	J Robin
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### Gentle Yoga

151786	Mon	10:30-11:30 a.m.	Miller	J Robin	\$45
151788	Tue	8:30-9:30 a.m.	Montlake	H Campbell	\$45
151790	Thu	8:30-9:30 a.m.	Montlake	H Campbell	\$41
151789	Thu	9-10 a.m.	Garfield	Brinkley	\$41

### Gentle Yoga Drop-in

\$3 (Age 65+ \$2)

Wed	3-4 p.m.	IDCC
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### Hatha Yoga

\$45

151778	Mon	10-11 a.m.	Queen Anne	F Marazzi
151779	Wed	11 a.m.-Noon	Queen Anne	J Reed

### Vini Yoga

151780	Tue	11:30 a.m.-12:30 p.m.	Queen Anne	L Dunbar	\$45
151781	Tue	5:30-6:30 p.m.	Queen Anne	L Dunbar	\$45
151782	Fri	11 a.m.-Noon	Queen Anne	L Dunbar	\$37



**Mary Dalzell**  
**Southwest Recreation Specialist**  
 206-935-2162  
 mary.dalzell@seattle.gov

#### REGISTRATION

Registration and payment details for all classes and trips can be found on page 38.

#### TRIPS

##### Pick Up Request:

Following trip registration, contact contact Mary at 206-935-2162 to request your pick up location.

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.

#### PICKUP SITES AND TIMES FOR TRIPS

**High Point Community Center**  
 6920 34th Ave. SW  
 Pickup 15 minutes before time listed.

#### PCC

2749 California Ave. SW  
 Pickup at time listed.

## Field Trips

### Jazz Alley

\$8

Enjoy the comfort of the nation's third longest running dinner club Dimitriou's Jazz Alley, a little history, a free lunch, and if we are lucky a bit of entertainment. Lunch includes: Spaghetti Bolognese, small tossed salad, bread, and Chef's surprise dessert with coffee or tea. Tipping strongly encouraged.

151115 10/11 Tue 11:15 a.m.-1:30 p.m.



### Hunters Breakfast

\$21 + Fee

Year #14 in a row. A hearty breakfast with beautiful views.

**\$8 breakfast on your own.**

151116 10/15 Sat 9 a.m.-4:30 p.m.

### New Day NW

\$9

Be a part of the studio audience in King 5's new building.

**Lunch on your own following the show.**

151117 10/27 Thu 9 a.m.-2 p.m.

### Garfield HS Jazz Kickoff

\$8

Due to popular demand we return to hear this great music.

151118 11/17 Thu 6:30-9:30 p.m.

### Bakeries and Thrift Shops

\$12

What a combination. If we are going to bakeries then we have to shop some of those calories off: Value Village, Salvation Army, or Goodwill. Bakeries are a surprise.

**Lunch on your own.**

151119 11/10 Thu 9:30 a.m.-4 p.m.



### Redmond Holiday Home Tour

\$14 + Fee

21st annual tour to benefit Assistant League of the Eastside. This nonprofit organization provides hope to families who have been touched by hardship or violence. **\$30 tour ticket on your own day of event. Lunch on your own in area.**

151120 12/3 Sat 10 a.m.-4 p.m.



### Portland's Lloyd Center, and More!

\$55

Take the chartered bus with Wi-Fi to the city of Portland, offering tax free shopping at the Lloyd Center Mall which includes 3 levels. Before leaving town, we'll stop at the popular Powell's City of Books and the famous Voodoo Donuts. Register by Nov 18.

#### LIMITED PICKUPS:

Rainier CC at 8 a.m.

PCC SW, 2749 California Ave SW, at 8:30 a.m.

151121 12/10 Sat 8 a.m.-9 p.m.



### Woodland Park Zoo Lights

\$9 + Fee

4th annual winter lights festival, WildLights. This is an evening walking tour of the holiday lights. **Ticket purchase on your own and dinner after the walk.**

151122 12/15 Thu 4:30-9:30 p.m.



## Special Events

### Potluck

Join us for our annual potluck celebration.

151098 12/7 Wed 11 a.m.-1 p.m.

Free

Alki

## Social Programs

### Book Clubs

#### Alki Book Club

Meets the second Wednesday of each month: 10/12, 11/9, 12/14.

151076 Wed 11:15 a.m.-Noon Alki

#### High Point Book Club

Meets the third Thursday of each month: 10/20, 11/17, 12/15.

151207 Thu 1-2 p.m. High Point

### Games

#### Drop-in Bridge

Drop-in play for bridge players.

\$3 (Age 65+ \$2)

Mon 9 a.m.-Noon Delridge

## Arts and Handwork

### Seniors Creating Art

Create beautiful sketches with ink and watercolor washes! With quick, easy techniques and simple materials, using an intuitive approach, we will create a "watercolor journal" as we learn to capture the essence of flowers, plants, and everyday objects. We will begin with fun warm up exercises in pen and gradually layer in watercolor to make drawings pop! Instructor: Lisa Lady.

152293 10/10-11/18 Fri 1-3:30 p.m. Delridge

Free

## Volunteer

### Helping Hands-Food Lifeline

**NEW**

#### Helping Hands: South Park Food Lifeline

This is simple, two-hour, non-strenuous work, re-packing food to help feed the hungry. Bring your lunch for afterwards. Wear closed toe shoes. \*No Transportation will be provided from the South. Participants must meet at the food bank: Food Lifeline: 815 S 96th St Seattle, WA 98108-4934. **Please call 206-233-7138 to notify staff you are meeting there.**

151164 10/11 Tue 10 a.m.-12:30 p.m.

151165 11/8 Tue 10 a.m.-12:30 p.m.

151166 12/6 Tue 10 a.m.-12:30 p.m.

Free

## Lifelong Learning

These classes take place at the Delridge Computer Lab. Contact Leslie Howe at 206-684-0364 to register

 **Create a Personal Budget with Excel** \$8  
You can create a simple Excel spreadsheet that makes budgeting and tracking expenditures fast and easy. Bring one of your bank statements or have the ability to access your bank statement online so you can begin setting up your budget in this workshop. **Min 2 Max 6.**

10/11 Tue 6-7:45 p.m. Delridge

**Telling Your Story** \$22  
You'll learn strategies to help you write effectively about key moments in your life. We will help you to make decisions about the narrative trajectory of the story you want to tell. The class will focus on short exercises that will help you organize your thoughts and memories into a powerful memoir story. **Min 3 max 6.**

10/11-11/1 Tue 1:15-2:45 p.m. Delridge

**Smart Phone Photography** \$12  
Learn important tips for shooting better photos with your smart phone. We'll discuss Apps that give you more control over how your images look and how to use your phones on board settings to take superior photos. Learn how to use post-processing filters and lighting tools and more to create art from you photos and more. **You should have a recent iPhone or Android Smart Phone. Call 206-684-0364 to register. Min 2 max 5.**

10/13 and 10/20 Thu 1:15-2:45 p.m. Delridge

**Introduction to Social Media** \$10   
Why use social media? This workshop will build your confidence and open up a whole new way to connect and stay close with family and friends. The ability to use social media to regularly engage people and express yourself is becoming an essential digital skill for everyone. We will set up a Facebook account for you during the workshop, so no previous social media experience or programming skills required. Bring a few photos you would like to upload to your Facebook site. **Min 3 max 6.**

11/10 Thu 1-3 p.m. Delridge

**One-on-One Computer Tutoring** Free  
Call the RecTech Lab and make an appointment for an hour of afternoon tutoring between 1 and 3 p.m.. The focus is on what you need to know, whether it's how to use e-mail and the internet, create a budget or chart, or how to set up an account on a social networking site like Facebook.

Call 206-684-0364 to make your tutoring appointment.

## Drop-in Sports

**Drop-In Pickleball** \$3 (Age 65+ \$2)

	Mon	6-8 p.m.	High Point
	M/W	9:30-11:30 a.m.	High Point
	M/W	10 a.m.-Noon	Delridge
	T/Th	Noon-2 p.m.	Delridge
	Wed	6-8 p.m.	Delridge
	Fri	10 a.m.-Noon	Hiawatha

**Pickleball Skills** \$22

Learn to improve your skills and increase your confidence in your playing ability. Instructor: M Anderson.

151212 Mon 11 a.m.-12:30 p.m. High Point

**Volleyball** \$3 (Age 65+ \$2)

T/Th 10 a.m.-Noon Delridge

## 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** \$40

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

151088 Tue 10:15-11:15 a.m. Hiawatha L Reese

151087 Tue 6:30-7:30 p.m. Alki L Reese

**Nia** \$50

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

9/20-10/18

151092 Tue 10:15-11:15 a.m. Delridge T Noreus

11/1-12/6 *\*no class 11/22*

151093 Tue 10:15-11:15 a.m. Delridge T Noreus

**Sway and Dance Fitness** \$45

Sway your way to lots of smiles in this upbeat and easy to follow dance exercise class set to Swing, Latin, Pop, Rock Hip Hop and more.

151114 Wed 10:30 - 11:30 a.m. Delridge L Yetter

**Tap Dance** \$45

Have you always wanted to learn tap? Now is your chance. This fun class will teach basic tap patterns and routines.

151216 Thu 2-3 p.m. Delridge S Wright

# Fitness

## Zumba® Gold

\$45

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!

151191	Tue	10-11 a.m.	Alki	M Jorgensen
151195	Thu	10-11 a.m.	Delridge	M Jorgensen

## Strength and Conditioning

### Fitness at Alki

\$40

Build total body muscle strength utilizing dynabands, free weights, and floor work. Improve balance, flexibility, and agility. Bring weights to class.

151080	Mon	10-11 a.m.	Alki	M Dalzell
151081	Wed	10-11 a.m.	Alki	M Dalzell

## Yoga

### Hatha Yoga

Burn calories while learning poses that strengthen and stretch your muscles in a total mind-body workout that emphasizes deep breathing and correct body alignment.

151085	Tue	9-10 a.m.	Delridge	J Reed	\$48
151205	Fri	11 a.m.-Noon	High Point	J Reed	\$40



### Meet Jaki Reed ARC Yoga Instructor Bio and Yoga Certified

After many years of practicing yoga, I started teaching it at the YMCA in 1999, and at the Seattle Parks Department Community Centers in 2000. My official training and teaching certification is through YogaFit. In

addition, I've attended many non-accredited classes and trainings to further my expertise, knowledge and understanding of yoga.

My specialty is Gentle Yoga, which is a compassionate practice suitable for beginners, people over 50 years of age, and anyone recovering from accident or illness. Often included in my classes are students with special problems. This includes cancer survivors, people with arthritis, joint pain or joint replacements; people who have had health challenges brought on by stroke, Parkinson's, multiple sclerosis, fibromyalgia, chronic fatigue syndrome, scoliosis, spinal stenosis, etc.

As a teacher I subscribe to the doctor's credo: First, do no harm. At all times care should be taken to avoid injury. Most yoga postures can be modified for any condition. Regular study helps me keep up-to-date on safe and enjoyable ways to practice yoga postures so as to improve flexibility, strength, balance, agility, and the ability to relax and rest. My aim is to give the class participants an enjoyable, challenging, and satisfying workout in a safe, comfortable, and welcoming environment.

Try one of Jaki's yoga classes listed on this page!

## Outdoor Fitness and Nature

### Friday Morning Walks

Free

Join us as we meet at the Alki Bathhouse for this walk. Social interaction, pleasant exercise, and beautiful scenery.

Fridays 8:30-9:30 a.m. Alki Bathhouse



**Angela P. Smith**  
**Southeast Recreation Specialist**

206-684-7484  
 angelap.smith@seattle.gov

#### REGISTRATION

Registration and payment details for all classes and trips can be found on page 38.

#### TRIPS

##### Pick Up Request:

Following trip registration, contact contact contact Angela at 206-684-7484 to request your pick up location. 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.

#### PICKUP SITES AND TIMES FOR TRIPS

##### Yesler Community Center

917 E Yesler Way  
 Pickup 30 minutes before time listed.

##### Rainier Community Center

4600 38th Ave. S  
 Pickup 15 minutes before time listed.

##### Jefferson Community Center

3801 Beacon Ave. S  
 Pickup at listed time.

##### Rainier Beach Community Center and Pool

8825 Rainier Ave. S  
 Pickup may be available upon request, call for time.

## Field Trips

### Jazz Alley

\$8

Enjoy the comfort of the nation's third longest running dinner club Dimitriou's Jazz Alley, a little history, a free lunch, and if we are lucky a bit of entertainment. Lunch includes: Spaghetti Bolognese, small tossed salad, bread, and Chef's surprise dessert with coffee or tea. Tipping strongly encouraged.

151111 10/11 Tue 11:15 a.m.-1:30 p.m.

### Issaquah Salmon Hatchery

\$12 + Donation

Every fall the salmon returns home to the Issaquah Hatchery, the most visited of all Washington Department of Fish and Wildlife's hatcheries. Learn and see these magnificent fish return from their grueling journey at sea, to fight against the current and spawn in Issaquah Creek. **\$2 donation for tour. Lunch on your own nearby.**

151106 10/25 Tue 10 a.m.-2:30 p.m.

### King 5 New Day NW

\$8

New Day Northwest wants you to fill their studio audience! Join us as Margaret hosts various guest and celebrities, celebrating what's great about the Northwest. **Lunch on your own afterward.**

151107 11/1 Tue 9:15 a.m.-2:30 p.m.

### Snoqualmie Casino and North Bend Outlets

\$12

Good luck and have fun at one of Seattle's closest casinos in Snoqualmie. Stay and play, or after **lunch (on your own)**, shop at North Bend Outlets.

151110 11/8 Tue 9:45 a.m.-3 p.m.

### Holocaust Center for Humanity

\$8 + Donation

Holocaust Center's core exhibit shares stories and artifacts of local Holocaust survivors. The museum's exhibit engages visitors in the history of the Holocaust and challenges them to consider how each person's actions make a difference. **\$5 suggested donation for senior, \$10 for adults. Free time, and lunch on your own down town Seattle.**

151105 11/16 Wed 10 a.m.-2:30 p.m.



### Portland's Lloyd Center, and More!

\$55

Take the chartered bus with Wi-Fi to the city of Portland, offering tax free shopping at the Lloyd Center Mall which includes 3 levels. Before leaving town, we'll stop at the popular Powell's City of Books and the famous Voodoo Donuts. **Register by Nov 18.**

**LIMITED PICKUPS: Rainier CC at 8 a.m..**

**PCC SW, 2749 California Ave SW, at 8:30 a.m..**

151108 12/10 Sat 8 a.m.-9 p.m.



### Singing Christmas Tree

\$13 + Fee

Enjoy the 54rd season of the Life Center of Tacoma with holiday music, breathtaking lights and sets. This is one of the longest running productions in the country. **Reserved seat ticket price \$17. Mail check payable to City of Seattle, or credit account for price of ticket by Nov 21; no refunds after this date. Dinner on your own after the 3 p.m. performance.**

151109 12/11 Sun 1:30-7 p.m.

## Special Events

**Fabulous Over 50 Luncheon** \$2 Donation  
 Thanks to our local sponsors Park Place Assistive Living and Esperanza Apartments, this gathering happens once a quarter. Receive community information, enjoy lunch, and play bingo. Event held at Esperanza Apartments; 6940 37th Ave S, 98118. **Pre-registration required.**

151089 12/13 Tue 10:30 a.m.-1 p.m. Esperanza Apts

**Holiday Potluck and Bingo** Free  
 I'll bring the soap. You bring a dish to share. After lunch, BINGO! Prizes for the winners. **Pre-registration strongly encouraged.**

151090 12/16 Fri 11:30 a.m.-2 p.m. Van Asselt

## Social Programs

### Food and Fitness Programs

**Food and Fitness: Ethiopian/Eritrean**  
 Opportunities for elders to congregate and celebrate their culture and language. Each day provides lunch, social, educational, and fitness programs. Please call 206-684-4664 to reserve your meal.

Thu/Sat 11 a.m.-1 p.m. Yesler



Register online at [www.seattle.gov/parks](http://www.seattle.gov/parks)

## Games

**Drop-in Bridge** \$3 (Age 65+ \$2)  
 Drop-in play for bridge players.

Wed 11 a.m.-2 p.m.

**Mexican Train - Dominos** Free  
 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 - 10/17 and 12/29. You'll have a great time.

151101 Thu 7-9 p.m. Jefferson

**Table Tennis** Free

Tue 10:30 a.m.-1:30 p.m. Garfield\*  
 Fri 10:30 a.m.-1:30 p.m. Garfield\*

\* Lunch available on-site at Garfield for \$3.50

## Arts and Handwork

**Needle Art Circle** Free

151102 Thu Noon-3 p.m. Jefferson

**Quilting** Free

151104 Fri 11 a.m.-2 p.m. Jefferson\*

## Lifelong Learning

**1-on-1 Computer Basics** \$12/4 sessions

Are you wanting to familiarize yourself with your new tablet, smart phone, or home computer? Sign up for our 1-on-1 computer classes. Our instructor has extensive experience with the ins and outs of most computer tasks and software. They will help you browse the web and navigate your device with confidence. Instructor Marcus Goodsell, RecTech at Rainier CC.

45 minute sessions with various times. Call to schedule an appointment at 206-368-1919.

**Medicare Presentation and Open Forum** Free

If you need help navigating Medicare's annual open enrollment, October 15 - December 7, the Statewide Health Insurance Benefits Advisors (SHIBA) program provides free, unbiased help with your options. SHIBA is a free service of the Washington State Office of the Insurance Commissioner. SHIBA can help you research, assess and evaluate what options work best for you and your needs, so you can make an informed decision.

151099 10/17 Mon 10:30 a.m.-Noon Rainier

151100 11/2 Wed 1-2:30 p.m. Rainier Beach

## Drop-in Sports

### Drop-In Pickleball \$3 (Age 65+ \$2)

Mon	9:45 a.m.-12:15 p.m.	Advanced	Jefferson
W/F	10 a.m.-Noon		Van Asselt
T/Th	10 a.m.-12:30 p.m.		Rainier
T/Th	10 a.m.-Noon		Yesler

### Pickleball Skills \$22

Learn to improve your skills and increase your confidence in your playing ability.

151103	Mon	8:30-10 a.m.	Rainier	M Anderson
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## 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 \$40

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

151077	Wed	8:30-9:30 a.m.	Jefferson	Y Long
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#### Line Dance \$40

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

151096	Thu*	11:30 a.m.-12:30 p.m.	Van Asselt	L Reese
151097	Thu**	1-2 p.m.	Van Asselt	L Reese
151091	Fri**+	10-11 a.m.	Jefferson	M Chen

\*Beginner \*\*Advanced-Beginner \*\*\*Intermediate \*\*\*\*Advanced



## Fitness Classes

### Zumba® Gold \$45

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!

151112	Mon	8:30-9:30 a.m.	Jefferson	C House
151113	Fri	11 a.m.-Noon	Jefferson	C House



### Strength and Conditioning

#### Circuit Training \$50

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

151078	Mon	8-9 a.m.	Rainier	C Grekoff
151079	Wed	8-9 a.m.	Rainier	C Grekoff

#### Enhance Fitness \$40

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. *Free to Group Health members with Part B Medicare coverage.*

151082	Mon	9:15-10:15 a.m.	Rainier	C Grekoff
151083	Wed	9:15-10:15 a.m.	Rainier	C Grekoff
151084	Fri	9:15-10:15 a.m.	Rainier	TBA

# Fitness Classes

## Tai Chi

### Tai Chi

Improve balance and posture, increase strength, and calm your mind.

150432 Tue 12:30-1:30 p.m. Yesler E Baxa

### Drop-in Tai Chi at Rainier Beach \$3/Drop-in

M/Th 9:30-10:30 a.m. Rainier Beach S Hiserman

## Yoga



### Gentle Yoga

Burn calories while learning poses that strengthen and stretch your muscles in a total mind-body workout that emphasizes deep breathing and correct body alignment.

\$45

TBA Wed 5:30-6:30 p.m. Rainier Beach Singh  
151086 Fri 8-9 a.m. Rainier Singh



## BACK IN MOTION

Are you suffering from chronic pain or has it been a while since you have exercised? Back in Motion provides base level fitness classes, educational programs, and incentives to educate and encourage healthy activity levels of our participants. Our instructors are trained to help you achieve your goals, whatever your activity level may be. Let us help you feel your best!

Back in Motion will continue to be developed and will eventually include amenities like increased parking for seniors at our community centers, more accessible trails in our parks, and additional opportunities to become a healthier you.

Questions? Contact Cheryl Brown at 206-615-0619 or email Cheryl.brown@seattle.gov.

*Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.*

### Arthritis Exercise Program \$40

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

151754 Wed 11:30 a.m.-12:30 p.m. Queen Anne Dwyer Schick

151755 \* Fri 11 a.m.-Noon Queen Anne Dwyer Schick

\* \$34 due to holidays, no class 11/11 and 11/24

### Arthritis Water Program

Our pools offer various classes, including Water Walking, Stretch and Flex, and Arthritis Water Exercise, to help seniors improve joint range of motion and flexibility through low-impact movement and the resistance of water. The Arthritis Water Exercise class is designed specifically for those suffering from chronic pain and other joint issues. Classes held at Helene Madison Pool, 13401 Meridian Av N, 98133. Please call 206-684-4979 for registration information.

T/Th 1-2 p.m. Helene Madison Pool

### Brain Fitness \$44

A fun, interactive class combining multi-media lecture with hands-on learning. Learn how to stay healthy and happy while maintaining maximum brain fitness. Light, healthy snacks will be served, and participants may purchase a Healthy Brain = Happy Brain Journal from the instructor. Four classes, 1½ hours each.

151142\* Mon 10-11:30 a.m. Hearth Stone J Larson

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

### Chair Strength and Tone \$30

This low-level fitness course teaches how to strengthen and tone all muscle groups for improved health and fitness. Great for those who are just starting an exercise regimen, or those who need to stay fit but need the security of a chair.

151143\* Mon 1:30-2:15 p.m. Bitter Lake D Dragovich

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

### Chair Yoga Free

Learn gentle stretching, body awareness, correct alignment, and deep breathing. Sponsored by Country Doctor Community Health Clinic.

151785 Tue 12:30-1:30 p.m. Miller J Robin

### Exercising to Improve Balance \$45

Balance is so important to carry us physically through life as we age. Begin this exercise program which will help you regain and improve balance. Work on core strength and routines which will support your balance for the rest of your life.

151144 Mon 10:30-11:20 a.m. Meadowbrook C Lorenz

### Minds in Motion \$20

This fitness class is specifically designed for people in the early stages of memory loss. You can expect to get a vigorous, well rounded work out to include cardio, balance, flexibility, and strength. Class will be taught with simple, easy to follow instructions that are 1 to 2 steps long accompanied by visual cues. Care partners are welcome to come, but not required. Please call at 206-684-4240 if you need more information or want to know if this class is the right fit for you! This class is made possible with support from Aegis Living.

151814 Mon 2-3 p.m. Miller C Grekoff

## WHAT IS EXPLORE U?

We are partnering with AARP to present one time programs that are a chance for you to try something new in an easy, introductory, and fun group setting. Explore U will continue to be developed and will eventually include amenities like increased parking for seniors at our community centers, more accessible

trails in our parks, and additional opportunities to become a healthier you. If you have a suggestion for a new program or would like more information, contact Cheryl Brown at 206-615-0619 or email Cheryl.brown@seattle.gov.



**Botanical Drawing and Painting** \$125  
Using the Volunteer Park Conservatory for inspiration, explore botanical drawing and painting with professional artist and instructor Sharon Birzer. **This session is 3 days in a row, in one week.**

150806 9/28-9/30 T-Th 1-4 p.m. Volunteer Park Conservatory

**Katie Black's Garden Fall Clean Up** Free  
Join us as we do general weeding, maintenance and some planting in our adopted park on North Beacon Hill. We will go out to lunch at a local restaurant when our work is done! (on your own). Transportation provided from Northgate JC Penney's. **Please call Cheryl to register at 615-0619.**

152688 10/4 Tue 10 a.m.-1 p.m. N Beacon Hill

**Decadent Chocolates** \$35  
The ultimate treat and the ultimate gift...simple to make and share. Make some yummy truffles, package them for gifting, and sample in this DIY class! You will take home several ready to give gifts!

152683 10/11 Tue 5:30-8:30 p.m. Northgate

**Kitchen Spa** \$35  
Learn to make soap, bath salts, lip balm, and lotion at this fun workshop for organic holiday gifts! Once you see how easy it is, and how fun the packaging is, you will wonder why you never tried it before! You will take home several ready to give gifts!

152684 11/15 Tue 5:30-8:30 p.m. Northgate

**Leather Bound Journals** \$35  
Another DIY project to make for yourself, or to give as gifts. We will make hand-bound leather journals that are great for men and women, easy and beautiful. You will take home several ready to give gifts!

152685 12/6 Tue 5:30-8:30 p.m. Northgate

**Life Re-imagined Check Up** Free  
We all think about 'What's Next' but often wonder where to start and how to make it real. That's why AARP brought together the top thinkers to help create Life Reimagined to meet your goals!

152689 10/13 Thu 6-8:30 p.m. Northgate

Register online at [www.seattle.gov/parks](http://www.seattle.gov/parks)

**Wills and Trusts** Free  
Are you better off with a will or a trust, and what is probate all about? Join Greg Russell, founding partner of Peterson Russell Kelly, and tackle the basics of estate planning. Learn current best practices, document management, and how to keep up with the changes in estate tax laws.

152694 10/11 Tue 5-6:30 p.m. Laurelhurst  
152681 11/16-12/14 Wed 5-6:30 p.m. Mag Brig

**Retirement Planning** Free  
Financial advisors Kevin Peterson and Laurie Adams of Eagle Strategies share the financial building blocks that create a long and healthy retirement. Judy Kinney of North East Seattle Together (NEST) explains how the national "retirement village" movement is growing to support us to grow older in the homes we love.

152692 11/1 Tue 5-6:30 p.m. Laurelhurst

**Osher Presents: Lunch and Learn** Free  
Lifelong Recreation is partnering with the UW Osher Institute to offer educational classes of interest. Join us on the first Wednesday of the month for a free lecture and watch for additional courses taught by current and retired UW faculty and community experts. Please sign up in advance for all programs so we know how many to expect, and bring a sack lunch to enjoy!

152690 10/5 Wed Noon-1 p.m. Mag Brig  
152691 11/2 Wed Noon-1 p.m. Mag Brig

**Osher Presents: Comparative Religion** \*\$45/members  
Are they a mass of confusion or a world of opportunity? We will survey and compare the major world religions, with attention paid to both similarities and differences. Traditions covered include Judaism, Christianity, Islam, Hinduism, Buddhism, and Chinese religion. 5 sessions presented by Dr. David E. Smith. \*Fee paid to Osher, \$45 for members, annual Osher membership is \$35.

11/16-12/14 Wed 10:30 a.m.-12:30 p.m. Mag Brig



**Cayce Cheers**  
**Dementia-Friendly Recreation Specialist**

206-615-0100  
 cayce.cheairs@seattle.gov

Enjoy our fall dementia-friendly recreation opportunities!

Most are intended for people living with Early Stage Memory Loss (ESML) unless otherwise noted, and one care partner per participant is welcome for no additional charge.

For more information or to register, contact Cayce Cheers, or the contact noted in the description, by phone or email.

## Community Event

### Momentia Celebration at the Royal Room

Free

A special citywide event for persons living with memory loss, family, friends, and all who support a dementia-friendly community! Join us at this popular music venue in Columbia City for happy hour, music, dancing, and community. No cost other than food and drinks ordered. Brought to you by the Southeast Seattle Dementia-Friendly Programming Committee, in partnership with Southeast Seattle Senior Center, Elderwise, and Full Life. Watch for details!



### Seattle Aquarium

\$10 + Lunch

Explore and learn about the rich diversity of life in Puget Sound at the region's premier resource for hands-on marine experiences and conservation education. This field trip will include small group tours and hands-on learning opportunities. Followed by lunch together at the Aquarium Café. Van transportation from Greenwood Senior Center and Rainier CC. **Space limited, register by 10/28.**

11/7 Mon 10 a.m.-2 p.m.

30 Visit us on the web at <http://www.seattle.gov/parks/seniors/index.htm>

## Fitness

### Minds In Motion

\$20

A weekly vigorous fitness class including cardio, balance, flexibility, and strength. Class will be taught with easy to follow instructions that are 1 - 2 steps long, accompanied by visual cues. Made possible with support from Aegis Living. **Register with Carol at 206-684-4240.** Instructor: C Grekoff.

Mondays 2-3 p.m. Miller CC

### 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 cafe. Contact Cayce for more information.

2nd and 4th Fridays 10 a.m.-12:30 p.m. Various Locations

### Early Stage Memory Loss Zoo Walk

Free

A gentle to moderately-paced walk through the zoo, led by a zoo docent and followed by a social gathering in the zoo cafe. Flat, paved surface. **Pre-registration required by calling the Alzheimer's Association at 206-529-3868.**

Monday and Wednesday mornings Woodland Park Zoo

## Arts

**"Arts in the Park"** \$15/3 session series  
**Watercolor Painting**  
 Engage with nature, watercolor, and each other! Led by a skilled Elderwise facilitator, this creative opportunity is intended for persons living with early to mid-stage dementia. Includes a half-hour garden walk on gravel pathways. No artistic experience necessary; all materials provided. Sponsored by Careforce. **Space is limited. Tuesdays or Thursdays, one series per participant. Register by 10/5.**

10/11, 10/18, 10/25	Tuesdays	10 a.m.-Noon	Japanese Garden 1075 Lake Wash Blvd E
10/13, 10/20, 10/27	Thursdays	10 a.m.-Noon	Japanese Garden 1075 Lake Wash Blvd E



*"This is so good for us! Dancing gets your whole body going... It is beautiful to see all the smiles from the other dancers, it is fun learning different types of dance. This is a joyful experience that is good for the heart and mind." --Alice Padilla*

**Friendly Folk Dance** \$15/3 session series  
 A 3-week dance experience for persons living with memory loss and care partners, led by teaching artist Susan Wickett-Ford. Engage in a variety of international folk dances and popular dance moves with inspiring music and simple moves. Offered in partnership with Silver Kite Community Arts. **Space is limited, register by 10/7.**

10/12, 10/19, 10/26	Wednesdays	10:30-11:30 a.m.	Yesler CC
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**Dementia-friendly Drumming Circle** Free  
 Join others living with memory loss, family, and friends, and start drumming! Use a variety of instruments in this facilitated group to express YOUR musical spirit. Experience not necessary and instruments provided. Offered by the SE Seattle Senior Center; **call 206-722-0317 to sign up.**

3rd Fridays	1-2 p.m.	SESSC, 4655 S Holly St.
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Register online at [www.seattle.gov/parks](http://www.seattle.gov/parks)

## Volunteer

**Remember The Hungry**  
 A monthly opportunity to give back to community and build meaningful relationships. Every third Tuesday of the month help package and sort food and supplies for the thousands served each week at Northwest Harvest's Cherry Street Food Bank. **6 participants maximum each month. Register by Friday beforehand.**

10/18, 11/15, 12/20	Tuesdays	1-2:30 p.m.	711 Cherry St.
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## Nature

**Fridays in the Garden - New Season!**  
 Experience Bradner Gardens park in the fall! Join others living with memory loss and family and friends for a special opportunity to explore, learn, and support the community gardens in this unique park in Mount Baker. Variety of group activities with seated and indoor options. **Bring a bag lunch and end with lunch together (optional). 10 participants maximum, register by Wednesday beforehand.**

10/7, 11/4, 12/2	First Fridays	10 a.m.-Noon	1730 Bradner Pl. S.
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### 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 Seattle, visit: [www.momentiaSeattle.org](http://www.momentiaSeattle.org).*



**Jill Ellison**  
**Sound Steps Program Coordinator**  
 206-684-4664



**Stay Connected!**

- Follow us on Facebook.
- Visit the Sound Steps blog at [seattlesoundsteps.wordpress.com](http://seattlesoundsteps.wordpress.com).
- Email [sound.steps@seattle.gov](mailto:sound.steps@seattle.gov) to receive the E-newsletter.

Want to explore Seattle on foot, meet new friends, and stay in shape? Join a Sound Steps weekly walking group, monthly hike, or special event! Try out a walking group any time, or find out how you can start a walk in your neighborhood. See page 38 for registration information.

 **Fall Walk Training**

Are you ready to take your walking to the next level? Ongoing training walks are happening through November in preparation for the Seattle Half Marathon on Sunday, 11/27. Please visit the Sound Steps blog or call for more information. Let's get a team together to represent Sound Steps!

begins 8/20 Sat	8 a.m.	SOUTH: Rainier CC
8/20-9/10 Sat	9 a.m.	NORTH: Bitter Lake CC
9/17-10/29 Sat	9 a.m.	NORTH: Rav-Eck CC
11/5-11/19 Sat	9 a.m.	NORTH: Varies

**VOLUNTEERS NEEDED!**

The Amica Insurance Seattle Half Marathon takes place Sunday 11/27 .  
 Volunteers are needed. Contact Jill if interested!

**Hikes - Levels of Difficulty**

-  **Easy** - paved, smooth and fairly level trail surface; recommended for beginners
-  **Moderate** - some hills; exposed roots and rocks possible
-  **Harder** - some difficult terrain; hills or stairs
-  **Difficult** - steep hills, significant elevation gain; for advanced hikers

**Sound Steps Hikes**

Enjoy the great outdoors! Two regular pick-up locations: SOUTHEND: Jefferson Community Center, and NORTHEEND: 8061 Densmore Ave N. Pickup 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. **Registration deadlines are one week prior to day of trip.**

**Duwamish River Trail**  **\$8**  
 3 flat and paved miles along the Duwamish River in Tukwila, beginning and ending at the Tukwila Community Center. Great for beginners! Return at 1:30 p.m..  
 151307 10/3 Mon Densmore pickup: 9:30 a.m.  
 Jefferson CC pickup: 10 a.m.

**Mercer Slough Nature Park**  **\$8**  
 Hike the 4-mile loop trail around Lake Washington's largest remaining wetland. Visit the Mercer Slough Environmental Education Center and learn about the 170 species of wildlife that call this habitat home. Return at 1:30 p.m.. **A joint Sound Steps and NE sector hike. Northgate Mall and Jefferson CC pickups only.**  
 151264 11/7 Mon Northgate Mall pickup: 9:30 a.m.  
 Jefferson CC pickup: 10 a.m.

**Bridle Trails State Park**  **\$8**  
 A 3.5-mile loop hike along winding, forested trails. Shorter options are available on this multi-use trail system. Wear boots! Elevation gain 450 feet. Return at 1:30 p.m..  
 151306 12/5 Mon Jefferson CC pickup: 9 a.m.  
 Densmore pickup: 9:30 a.m.



## Sound Striders

### Enjoy faster, longer walks?

Free  
Join 'Sound Striders' for 5 to 6-mile fitness walks every week! Meet at 8 a.m. for coffee; walk leaves at 8:30 a.m.. Each month we explore a different Seattle neighborhood. Call for current walk locations, or view on the blog, under *Weekly Walking Groups>Sound Striders*.

**SOUTH Striders Thursdays**

151316

**NORTH Striders Tuesdays**

151312

## Sound Steps Special Events



### Holiday Lights Walk and Potluck

Free

Meet at the Greenwood Senior Center at 5 p.m. and bring a dish to share. After dinner, enjoy a walk around the Olympic Manor neighborhood to see the brilliant light displays. Transportation to Olympic Manor and hot beverages provided; suggested \$2 donation.

151308 12/15

Thu 5-8 p.m.

Greenwood Sr Ctr  
525 N 85th St.



### Pike Place Market Street Scramble

\$25

Sound Steps is teaming up with Street Scramble for this 2-hour market exploration challenge! Using just a map and our feet, we will hit as many checkpoints as we can, all while enjoying the festive holiday sights and smells at the Market! A portion of your entry fee supports The Market Foundation, which provides critical services to aging and low-income residents of downtown Seattle. In the spirit of giving, and friendly competition, scramble with us!

RSVP to be on a Sound Steps team! Teams will consist of 2-5 people. All ages welcome! **Day-of registration for Sound Steppers is \$25.** If you'd like to sign up on your own, you can do so here: <http://streetscramble.com/>.

12/10

Sat

8:30 a.m.



"I originally got involved in Lifelong Recreation when my friend and I signed up for the "Woodland Park Senior Zoo Walks" in June 2005. When we first joined there were 15-20 zoo walkers. The program has expanded so much over the past 11 years that some days there are more than 80

walkers! In 2010 I signed up and began participating

in the Sound Steps Walking Program weekly group training walks each Saturday during the Spring and Summer quarters and participated in several 5k and 10k walks. I enjoyed the walking events so much and continue to participate each year and completed 2 half marathons! I am now a volunteer and assist in planning several events and new walking groups.

After becoming a zoo walker, I became interested in other LLR programs and signed up for Line Dance, Outdoor Hikes, Zumba Gold and numerous day trips around the state. Needless to say I am "hooked" on the many opportunities being offered to seniors through Lifelong Recreation!"

- Patty Young

## Weekly Walks - North

### Ballard Sound Steps Free

3 miles, flat, paved Burke Gilman Trail. Moderate pace.

151297                      Mon    9:30-10:30 a.m.                      Fred Meyer  
east entrance  
915 NW 45th St.

### Carkeek Park Hike Free

3 miles, some hills, natural surface forest trails with views of Puget Sound. Moderate pace.

151299                      Wed    10-11:30 a.m.                      Eddie McAbee entrance  
NW 100th Pl.  
and 6th Ave. NW

### Senior Zoo Walkers \$20/13 wks

Woodland Park Zoo, Group Health, and Seattle Parks and Recreation invite you to join Senior Zoo Walkers, promoting fitness and socializing in a beautiful setting. Fitness leader warm-up at 9:15a.m.. **Sign up online:**

**<http://www.zoo.org/seniorzoowalkers>.**

T/Th    9:15-11 a.m.                      Woodland Park Zoo  
South Gate  
50th and Fremont

### Green Lake Loopers Free

Walk the 3-mile loop at a gentle or moderate pace. Monthly group; hosted by the Wallingford Community Senior Center. Meet in front of Green Lake Church, 6350 E Green Lake Way N, cross street is Meridian Ave. N. **RSVP to WCSC: 206-461-7825.**

151305                      Fri    1:30 p.m.                      Green Lake

### North Greenwood Sound Steps Free

3 miles, some hills, natural surface forest trails in Llandover Woods greenspace and the Greenwood neighborhood. Moderate pace. Please visit our blog for current program information: **[www.seattlesoundsteps.wordpress.com/programs-and-events/](http://www.seattlesoundsteps.wordpress.com/programs-and-events/)**, or call coordinator.

151311                      Mon    9:30-10:30 a.m.

### Sound Steps Strollers Free

Start taking steps toward a healthier you! This program is designed for beginner walkers, people with mobility challenges, and those who use mobility aides. Group meets at the food court at Northgate Mall, located at the south entrance near the parking garage. Led by volunteer walk leader, Patty Young, 206-365-6691.

151315    10/8-12/17    Sat    9 a.m.                      Northgate Mall

### Lake City Sound Steps

Wednesday is "Senior Day" at Lake City Community Center. Come for lunch at noon and stay for the group walk. Fitness warm-up followed by light group walk. Call 206-268-6738 for more information. This program is sponsored by Sound Steps and Sound Generations.

151309                      Wed    1:15 p.m.                      Lake City CC

## Weekly Walks - Central

### Pike Place Market Sound Steps Free

3 miles, flat, paved with waterfront views. At your own pace. Meet at the Pike Market pig.

151313                      Thu    10-11 a.m.                      85 Pike St.

### Discovery Park Sound Steps Free

2.8 miles, some hills, natural surface trails with Puget Sound views. Moderate pace. Meet at the visitor center.

151304                      Fri    10 a.m.-Noon                      Discovery Park

### Capitol Hill Sound Steps Free

Sponsored by Sound Steps and the Cal Anderson Park Alliance! Group meets at the Shelter House near the bathrooms on the 2nd and 4th Wednesdays. **Please call Jill to confirm start date.**

Wed    6-7 p.m.                      Cal Anderson Park

### Yesler Terrace Sound Steps Free

Join Yesler Terrace residents on Mondays and Thursdays for a walk around the neighborhood. Group meets at Yesler Community Center.

151317                      M/Th    2-3 p.m.                      Yesler CC

### Yesler Walk 'n Talkers Free

Walk from Yesler CC to nearby coffee shops for a cup and conversation! Enjoy the Yesler, Capitol Hill, Pioneer Square, and ID neighborhoods. Leisure pace, paved surfaces with some hills that will gradually progress in distance. Contact **[yeslerwalkntalkers@gmail.com](mailto:yeslerwalkntalkers@gmail.com)** for info. Runs through 10/31.

Mon    Noon-1:30 p.m.                      Yesler CC

### High Point Sound Steps Free

Join Neighborcare community health workers and neighbors on weekly walks around the beautiful High Point neighborhood. All ages and abilities welcome!

Fri    2-3 p.m.                      High Point Center  
6400 Sylvan Way SW

### Central District Walk and Rollers Free

Join Sound Steps and Iora Primary Care and walk or roll on paved sidewalks and the flat, soft track outside Garfield High School. Whether you are a stroller or moderate walker, all are welcome! Meet at Iora Primary Care (entrance access is at 24th and S. Main St.)

151303                      Fri    11 a.m.-Noon                      306 23rd Ave. S,  
Suite 200

## Weekly Walks - South/West

### Lincoln Park Sound Steps

Free  
3 miles, some hills, natural and paved surface trails along Puget Sound. Moderate pace. Meet at the south end of the north parking lot.

149758 Mon 10-11:15 a.m. Lincoln Park

### Rainier Beach Indoor Walk

Free  
Walk laps to music inside the gym at your own pace.

151314 T/W 10-11 a.m. Rainier Beach



**NEW!**

### Green Lake Walkers-Community Center Walks

Free  
Gather your friends or meet new friends on Wednesday mornings as we walk outside around the lake or do laps around the gym on unfavorable weather days. Bring good walking shoes, water bottle, and dress for the weather. Walk at your own pace. Meet inside the community center gym to do some stretching before you start your walk. **Please register at Green Lake by calling 206-684-0780.**

9/14-12/28 Wed 10-11 a.m. Green Lake CC

## Walks with Dogs

Bring a dog, or come without one if you love dogs. Prepare to walk 2-3 miles, rain or shine. Meet at designated site at 11 a.m., leash your dog and bring poop bags. Walks are free, but please register at 206-386-9106, 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.



### Alki Waterfront

Meet in the "Gravel Parking Lot" Park on the south side of Salty's Restaurant, 1936 Harbor Ave. S.W.

10/11 Tue 11 a.m.

### Lake Washington Waterfront

Meet at the Mt. Baker Rowing and Sailing Center, 3800 Lake Washington Blvd. S.

10/25 Tue 11 a.m.

### Best Seattle Views Walk atop Queen Anne Hill

Meet at Macrina Bakery Café, 615 West McGraw St.

11/8 Tue 11 a.m.

### Wallingford Neighborhood to Gasworks Park

Meet at Irwin's Bakery and Café, 2123 N. 40th St.

11/22 Tue 11 a.m.

### Interurban Trail

Meet at Diva Espresso Bar, 14419 Greenwood Ave. N.

12/6 Tue 11 a.m.

<b>Drop-In Pickleball</b>		\$3 (Age 65+ \$2)
<b>Northwest</b>		
Mon	11 a.m.-1 p.m.	Magnolia
Tue	10:30 a.m.-12:30 p.m.	Loyal Heights
T/F	10:30 a.m.-12:30 p.m.	Bitter Lake
Wed	6:30-8:30 p.m.	Ballard
Fri	Noon-2 p.m.	Loyal Heights
<b>Northeast</b>		
Mon	10 a.m.-1 p.m. <i>All Levels</i>	Ravenna Eckstein
Tue	9:30-11:30 a.m. <i>Recreational</i>	Magnuson
Tue	10 a.m.-Noon <i>Advanced/Competitive</i>	Meadowbrook
Tue	Noon-2 p.m. <i>Beginners/Recreational</i>	Meadowbrook
Wed	10 a.m.-1 p.m. <i>All Levels</i>	Ravenna Eckstein
Thu	10 a.m.-Noon <i>Advanced/Competitive</i>	Meadowbrook
Thu	Noon-2 p.m. <i>Beginners/Recreational</i>	Meadowbrook
Fri	11:30 a.m.-2 p.m. <i>Intermediate/Advanced</i>	Ravenna Eckstein
<b>Central</b>		
Mon	6-9 p.m.	IDCC
Wed	7:30-9:15 a.m., call to confirm	Montlake
Fri	10 a.m.-Noon	Miller
<b>Southwest</b>		
Mon	6-8 p.m.	High Point
M/W	9:30-11:30 a.m.	High Point
M/W	10 a.m.-Noon	Delridge
T/Th	Noon-2 p.m.	Delridge
Wed	6-8 p.m.	Delridge
Fri	10 a.m.-Noon	Hiawatha
<b>Southeast</b>		
Mon	9:45 a.m.-12:15 p.m. <i>Advanced</i>	Jefferson
T/Th	10 a.m.-12:30 p.m.	Rainier
T/Th	10 a.m.-Noon	Yesler
W/F	10 a.m.-Noon	Van Asselt

*Note: subject to change during public school breaks.*

## Come work out at our Drop-in Fitness Centers

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

Cost: \$3 (Age 65+ \$2)

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
Southwest Pool	206-684-7440
Van Asselt	206-386-1921
Yesler	206-386-1245

## 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	

### POOLS - SUMMER ONLY OUTDOOR

Colman Pool	206-684-7494
8603 Fauntleroy Way SW	
Lowery C. "Pop" Mounger Pool	206-684-4708
2535 32nd Ave W	

### 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
- Arthritis Water Program
- Hydro-Fit
- Stretch N Flex
- AquaZumba
- Adult Swim Lessons



## Senior Coffee Hours

### Senior Coffee Hours

Free  
The Mayor's Office for Senior Citizens' Coffee Hours bring community elders closer to City officials, providing elders an opportunity to learn more about City programs and services, and offers an opportunity to hear from elders. Refreshments are served. Coffee Hours are held the third Thursday of every month in the Central Building Conference Room, located on the 1st floor at 810-3rd Ave. (between Columbia and Marion St) from 10-11 a.m..

*Dates/speakers are TBA. Call 206-684-0500 to verify dates/times or e-mail [seniors@seattle.gov](mailto:seniors@seattle.gov).*

## Advisory Council

### 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 budgets. 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 would like to get involved, please contact the facility staff for further information.

**If you'd like to get involved, please call the Lifelong Recreation Office at 206 684-4951.**

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.

## Senior Centers

### Ballard NW Senior Center

5429 32nd Ave. NW 98107  
Tel: 206-297-0403  
[www.ballardseniorcenter.org](http://www.ballardseniorcenter.org)

### Central Senior Center

500 30th Ave. S 98144  
Tel: 206-726-4926  
[www.centralareascenter.org](http://www.centralareascenter.org)

### Greenwood Senior Center

525 N 85th St. 98103  
Tel: 206-297-0875  
[www.phinneycenter.org/gsc](http://www.phinneycenter.org/gsc)

### Lake City Community Center

12531 28th Ave. NE 98125  
Tel: 206-268-6738  
[www.lakecityseniors.org](http://www.lakecityseniors.org)

### Pike Place Senior Center

85 Pike St., #200 98101  
Tel: 206-728-2773  
[www.pikemarketseniorcenter.org](http://www.pikemarketseniorcenter.org)

### Southeast Seattle Senior Center

4655 S Holly St. 98118  
Tel: 206-722-0317  
[www.sessc.org](http://www.sessc.org)

### South Park Senior Center

8201 10th Ave. S 98108  
Tel: 206-767-3650  
[www.spseniors.org](http://www.spseniors.org)

### Sunshine Garden Chinese Senior Community Center

611 S. Lane St. 98104  
Tel: 206-624-5633  
[www.cisc-seattle.org](http://www.cisc-seattle.org)

### Wallingford Community Senior Center

4649 Sunnyside Ave. N 98103  
Tel: 206-461-7825  
[www.wallingfordseniors.org](http://www.wallingfordseniors.org)

### West Seattle Senior Center

4217 SW Oregon St. 98116  
Tel: 206-932-4044  
[www.sc-ws.org](http://www.sc-ws.org)

## REGISTRATION - Online, in Person, by Phone, and by Mail



### ONLINE

1. Visit [www.seattle.gov/parks](http://www.seattle.gov/parks).
2. Click on the SPARC logo.
3. Follow the on-screen instructions to register.
4. Pay by credit card. We accept Visa, MasterCard, and American Express. In order to make your online registration go as smoothly as possible, please set up an account 24 hours before registering at <http://www.seattle.gov/parks/> and click on the SPARC section.



### IN PERSON

1. Visit your local community center.
2. Pay by cash, check, or credit card. We accept Visa, MasterCard, and American Express.



### BY PHONE

Call your recreation specialist, or the Business Service Center at 206-684-5177.



### BY MAIL

Mail in your check, payable to City of Seattle, with a note stating the class, class number, and location.

## Parks Management and Professional Staff

4554 NE 41st Street • Seattle, Washington 98105  
206-684-4951 • Fax 206-684-4957 • TDD Only 206-684-4950

### Parks Management

Jesús Aguirre, Superintendent

Kelly Guy, Director of Recreation

Brenda Kramer, Manager Lifelong Recreation Programs

### 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

## Volunteer! *It's fun! It's free!*

Do you love to lend a hand? We need you! Lifelong Recreation is developing several volunteer positions that will become an important part of our program. Some of the different volunteer opportunities include: data entry, becoming a 'personal' coach for our Enhance Wellness program, working as a team member to help spruce up our parks, teaching a class using your expertise, helping in one of our Dementia Friendly Recreation programs, being a trip companion, becoming a volunteer driver, being a walk leader, and more!

Call Cheryl at 206-615-0619 to volunteer!

## REGISTRATION FORM

Class/Trip Number	Class/Trip Name	Date	Day	Time

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

Date of Birth \_\_\_\_\_

# 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 lessons 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.

## Waiting Lists

We will create waiting lists for all filled classes. 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.

## 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 206-615-0140 or TDD 206-684-4950. 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](http://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](http://www.seattle.gov/parks), or call our Public Information line, 206-684-4075.

### 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](http://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/](http://seattle.gov/parks/smokingban/).*



## Lifelong Recreation

4554 NE 41st Street  
Seattle, WA 98105

CHANGE SERVICE REQUESTED

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SEATTLE, WA  
PERMIT 152

Interested in Pickleball?  
Adult Sports has Two Tournaments!  
See page 7 for more details.



## We have scholarships!

### SCHOLARSHIP INFORMATION

Seattle Park District Scholarship funds are available to those who qualify. Lifelong Recreation programs has been allocated over \$50,000. To apply, visit any community center or pool, bring your most recent 1040 or SSI paperwork, and picture ID. To download forms online visit [bit.ly/SPRScholarships](http://bit.ly/SPRScholarships).

Here are some beginning qualification guidelines:

Scholarship Eligibility		Number in House			
		1		2	
80%	Monthly	\$1,963	\$2,207	\$2,657	\$2,988
70%	Monthly	\$2,208	\$2,335	\$2,989	\$3,161
60%	Monthly	\$2,336	\$2,521	\$3,162	\$3,413
50%	Monthly	\$2,522	\$2,708	\$3,414	\$3,665
40%	Monthly	\$2,709	\$2,874	\$3,666	\$3,891

## Shades of Ireland

We are working out the details of domestic and international travel with Colette. Beginning in October 2016, we will offer several trips a year that will provide the opportunity for you to travel with your Lifelong Recreation friends!

- Learn about this amazing travel opportunity!
- See a 'teaser' about where you will visit!
- Meet others who may be traveling with you!

Join us for an informational session in September to learn more. Contact Cheryl Brown at 206-615-0619, or email [cheryl.brown@seattle.gov](mailto:cheryl.brown@seattle.gov).



Cover photo:  
Our Sound Steps  
participants out and  
about walking the  
10K/Half Marathon  
Lake Union Loop.

Cover photo, and most photos, courtesy of Ryan Hawk Photography.

Check out our website at: <http://www.seattle.gov/parks/seniors/index.htm>