



# LIFELONG Recreation

Citywide Arts, Fitness & Social Opportunities  
for People AGE 50+



**Summer 2016**  
July 5-September 16

**Register**  
**May 24**  
**at noon**

**EXPLORE MORE!**

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



**COVER PHOTO:**

Explore, create, and connect at Camp Momentia! To learn more about this day camp experience for people living with dementia and family and friends, see page 17.

## Summer Quarter 2016

**Registration** begins at noon, **May 24, 2016**, online, in person, and by calling your local Recreation Specialist (see list on page 30). Detailed registration information is found on page 30.

**No Programs and Facilities Closed:**  
September 5 for Labor Day and September 15 for All Staff Conference

## A Message From The Superintendent

### Dear Neighbor,

Summer is one of the best times for parks and recreation. Our beaches are dotted with volleyball players and sand castles, our lawns are full of picnic blankets and laughing children and our pools are inundated with swimming kids and seasoned divers. For those reasons, summer is also one of our busiest times of the year.

Due to unprecedented high temperatures and beach attendance in 2015, we'll be opening two swimming beaches early this year. Madrona Beach and East Green Lake Beach will open on May 28, weather permitting, while all other beaches will open for the season on June 25.



2016 is also the first year that the department will start collecting property tax through the Seattle Park District. Seattle Parks and Recreation will collect \$47 million annually to support programs and initiatives. For 2016, some Park District highlights include:

- **Programs for People:** More staffing and services at community centers, teen programs, lifelong recreation programs and special populations programs that began in 2015.
- **Fix it First:** \$25 million to reduce our major maintenance backlog and restore our urban forests.
- **Maintaining Parks and Facilities:** Increased park maintenance and preventative maintenance.
- **Building for the Future:** Planning and development for five of the 14 park sites acquired and "land-banked" with 2008 Levy funds.

We appreciate your support of Seattle Parks and Recreation throughout the year. I look forward to seeing you exploring our parks this season and hope to do some exploring of my own. Follow me at **@SPRSupt** on Twitter to watch my summer unfold and share your adventures with me!

Sincerely,

Jesús Aguirre  
Superintendent

## Trip and Class Accommodations

Wondering which Lifelong Recreation program is right for you? In general, Lifelong Recreation Programs are designed for (independent) people age 50 and better, but we also offer specially designed programs for those living with dementia or chronic pain. If there is an accommodation that you need to better access one of our programs, please contact the Recreation Specialist listed on page 30 offering the activity.

### Trips:

1. Lifelong Recreation has vehicles with power lifts for walkers and wheelchairs.
2. Needed seat accommodation should be requested upon registration to meet your physical needs.
3. A caregiver or family member can attend free of charge if you need support in order to attend a trip.

### Classes:

1. Please inform your Recreation Specialist if you have a physical or cognitive disability that requires accommodation.
2. A caregiver or family member can attend classes free of charge if you are unable to participate independently.

## Join our *Listserv*

The listserv is an e-newsletter with information about Lifelong Recreation programs, events, and civic volunteer opportunities. We use this as a tool to get out timely information about our efforts to serve our patrons.

Think you might want to get our listserv mailing? It is very easy to sign up (and you can cancel at any time):

- Go to **[seattle.gov/parks/seniors/index.htm](http://seattle.gov/parks/seniors/index.htm)**.
- Then add your email address to the link at the bottom of the page.

*It's that easy!*



## Generations with Pride

We are a non-profit organization creating programs and services for LGBTQ people age 50 and better. Look for programs we are sponsoring at Seattle Parks and Recreation.

- Look for the  next to classes held in partnership with "Generations with Pride".
- We are now offering Enhance Fitness on M/W/F at 3:15 pm on the Group Health Campus, see page 7. Call 206-684-4240 to register.
- Technology Support for the LGBTQ Community - see page 13 for details.
- Stay tuned for more to come such as boot camps and more in the near future!
- For more information on these programs go to [www.generationswithpride.org](http://www.generationswithpride.org), visit the Lifelong Recreation Facebook Page at [www.facebook.com/Lifelong-Recreation-Programs](http://www.facebook.com/Lifelong-Recreation-Programs) for updates.



Meet the Lifelong Recreation staff and Advisory Council

## BOOMERS

We have added NEW programs in the **earlier morning, evening,** and on **weekends** to accommodate **our working participants.** Boomers classes are noted throughout the brochure with this symbol:



Please check our **BOOM** flyer available at most community centers for more information!

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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/).

## WHAT IS EXPLORE U?

Seattle Parks Lifelong Recreation is partnering with AARP to present one time programs that are a chance for you to try something new! Have you always wanted to ride a bike to the winery, try out kayaking, learn to sail? Here is your opportunity to experience activities in an easy, introductory, and fun group setting. Grab a friend to sign up with you, or come alone and meet some new friends! Watch for "Explore U" offerings each quarter, and if you have some ideas, please let us know!



For more information call Cheryl Brown at 206-615-0619, or email [cheryl.brown@seattle.gov](mailto:cheryl.brown@seattle.gov).

 **Sammamish River Trail** \$5 + fee  
Ride along the beautiful Sammamish River trail from Woodinville to Redmond, about 15 miles round-trip. Meet at Magnuson Park Brig. **Bring a sack lunch and a bottle of water, Outdoors for All will provide the bikes, helmets, and transportation! Send \$35 check payable to Outdoors for All after registration.**

149752 7/9 Sat 8:30 am-1 pm Magnuson Brig

 **Easy Riders on the Burke Gilman Trail** \$5  
Easy Riders unite! Meet up at Magnuson Brig with your own bike, or rent one from Outdoors For All and join us on a volunteer led ride on the Burke Gilman Trail! We will travel from Woodinville to Marymoor Park. Bring a lunch and enjoy beautiful views of Lake Washington. **Bike rental on your own. Please mail check payable to Outdoors for All to Cheryl by 7/1.**

149756 7/9 Sat 10 am-1 pm Magnuson Brig

 **Explore U...Rock Climbing Basics** \$5 + fee  
You always wanted to try it...here is your chance! Join the great and patient leaders from Outdoors for All as they teach the basics of rock climbing. Using the man made wall at the Mountaineers in Magnuson Park, this will be a great intro, all equipment provided! **Please send a check for \$25 made out to Outdoors for All upon registration.** Meet at the Mountaineers rock wall.

149753 7/14 Thu 6-8 pm Magnuson Brig

 **Learn to Paddleboard** \$35  
You see them everywhere, standing on their boards and paddling through the lakes. Learn to do it yourself, in this fun introductory class with the professionals at Sail Sand Point. All equipment is provided! Meet at the Sail Sand Point Dock at the Northwest corner of Magnuson Park.

150772 8/5 Fri 5:30-8:30 pm Sail Sand Point

 **Rock On! Rock Climbing** \$5 + fee  
This is the real deal. A true rock climbing experience in North Bend where you will see what everyone who loves this sport is talking about! The great leaders at Outdoors for All will provide all of the equipment, instruction and transportation! **Please send a check for \$35 made out to Outdoors for All along with your registration.**

149755 8/18 Thu 4:30-9 pm Magnuson Brig

 **Learn to Sail** \$40  
Learn to sail in this workshop on Hobie Waves, stable catamarans, where you will learn the basics of sailing, and take the boat out on beautiful lake Washington! Sail Sandpoint will conduct this class, and if you love it, you can join Sail Sandpoint and check out boats on your own anytime! Meet at the Sail Sandpoint building at the very NW corner of Magnuson Park.

149754 8/25 Thu 5:30-9 pm Magnuson Brig

## New Travel Opportunities!

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!

For information on **Shades of Ireland**, trip dates April 10-19, 2017 please look in your local community center for a brochure, or call Cheryl at **206-615-0619** to have one sent to you!



## QUESTIONS ...

... about **Explore U** classes?  
Call Cheryl Brown: 206-615-0619

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.

## Hatha Yoga \$45 unless noted

Central					
149830	Mon	10-11 am	Queen Anne	S Donohue	\$37
149829	Wed	11 am-Noon	Queen Anne	J Reed	

South					
149715*	Tue	9-10 am	Delridge	J Reed	\$48
149762*	Fri	11 am-Noon	High Point	J Reed	\$48

**\*BONUS!** Take classes 149715 and 149762 together for \$43/class!

## Gentle Yoga \$45 unless noted

Central					
149827	Mon	10:30-11:30 am	Miller	J Robin	\$37
149823	Tue	8-9 am	Montlake	H Campbell	\$37

*Tuesday class at Montlake runs 7/19-9/13*

149825	Thu	8-9 am	Montlake	H Campbell	\$37
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*Thursday class at Montlake runs 7/21-9/15*

149826	Thu	9-10 am	Garfield	Brinkley	\$41
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*No Thursday class at Garfield 7/28*

South					
150300	Tue	8-9 am	Rainier	Singh	
150301	Wed	6:30-7:30 pm	Rainier Beach	Singh	
150302	Fri	8-9 am	Rainier	Singh	

North					
149943	Mon	9-10 am	Meadowbrook	H Mair	\$41
149895*	Mon	10-11 am	Loyal Heights	P Talcott	

149831	Tue	7:45-8:45 am *	Laurelhurst	J Robin	
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*\* summer schedule*

149836	Tue	9-10 am	Northgate	F Marazzi	
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149832	Tue	10-11 am	Mag Bldg 30	J Robin	
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149839	Wed	9-10 am	Meadowbrook	J Robin	
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149941	Thu	4:30-5:30 pm	Laurelhurst	J Robin	\$50
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141929	Fri	9:15-10:15 am	Magnolia	L Dunbar	
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149942	Fri	9:30-10:30 am	Ravenna-Eckstein	J Robin	
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149896*	Fri	10:15-11:15 am	Loyal Heights	P Talcott	
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*\*Class qualifies for \$10 off SHAPE UP COUPON if you are a new student; classes run for 10 weeks.*

## Gentle Yoga Drop-in Central \$3 (Age 65+ \$2)

Wed 3-4 pm IDCC

## Slow Flow Yoga Varies

**North: 8/10-9/7**  
149897 Wed 9:30-10:30 am Loyal Heights J Rhodes \$29

**North: 9/14-9/21**  
149897 Wed 9:30-10:30 am Ballard J Rhodes \$29

## Vini Yoga Central \$45

149833 Tue 11:30 am-12:30 pm Queen Anne L Dunbar

149834 Tue 5:30-6:30 pm Queen Anne L Dunbar

149898 Fri 9:15-10:15 am Magnolia L Dunbar

149835 Fri 11 am-Noon Queen Anne L Dunbar

## Chair Yoga Central Free

149822 Tue 12:30-1:30 pm Miller J Robin



**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

### Senior Aerobics

\$40 *unless noted*

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

#### Central

##### Session 1a: 6/20-7/7/25

149818	Mon	8:50-9:50 am	Queen Anne	M Huber	\$22
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##### Session 2a: 9/12-9/26

149820	Mon	8:50-9:50 am	Queen Anne	M Huber	\$11
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##### Session 1b: 6/22-7/27

149819	Mon	9:30-10:30 am	Queen Anne	M Huber	\$25
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##### Session 2b: 9/7-9/28

149821	Wed	9:30-10:30 am	Queen Anne	M Huber	\$14
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#### South

150289	Wed	8:30-9:30 am	Jefferson	Y Long	
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#### North

149866	Mon	8-9 am	Magnolia	KAdolphsen	\$55
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149966	Mon	10:15-11:15 am	Northgate	TBD	\$36
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##### Session 1: 6/21-7/26

149855	Tue	9:30-10:30 am	Magnolia	M Huber	\$15
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##### Session 2: 9/13-10/4

149856	Tue	9:30-10:30 am	Magnolia	M Huber	\$15
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149867	Wed	9:15-10:15 am	Magnolia	KAdolphsen	\$65
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149963	Thu	9-10 am	Northgate	TBD	\$37
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##### Session 1: 6/23-7/28

149856	Thu	9:30-10:30 am	Magnolia	M Huber	\$22
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##### Session 1: 9/15-10/6

149857	Thu	9:30-10:30 am	Magnolia	M Huber	\$15
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149868	Fri	8-9 am	Magnolia	KAdolphsen	\$65
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### Gentle Pilates

Varies

#### North

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

149891*	Mon	11:30 am-12:30 pm	Loyal Hts	D Dragovich	\$44
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\*Class qualifies for \$10 off **SHAPE UP COUPON** if you are a new student, and meets for 9 sessions this quarter.

149828	Wed	11:30 am-12:30 pm	Northgate	D Dragovich	\$48
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**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.**

## Fitness

### Circuit Training

Varies

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

#### Central

149798	Tue	9:30-10:30 am	Queen Anne	C Lorenz	\$46
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149799	Tue	10:45-11:45 am	Queen Anne	C Lorenz	\$46
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149801	Thu	9:30-10:30 am	Queen Anne	C Lorenz	\$46
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149802	Thu	10:45-11:45 am	Queen Anne	C Lorenz	\$46
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#### South

150292	Mon	8-9 am	Rainier	C Grekoff	\$45
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150291	Wed	8-9 am	Rainier	C Grekoff	\$50
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#### North

149860*	Tue	9:30-10:30 am	Loyal Heights	R Buyce	\$42
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149861*	Wed	9:30-10:30 am	Loyal Heights	R Buyce	\$42
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149862*	Thu	9:30-10:30 am	Loyal Heights	R Buyce	\$42
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\*Class qualifies for \$10 off **SHAPE UP COUPON** if you are a new student.

### Zumba® Gold

\$45 *unless noted*

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!

#### Central

149838	Mon	5-6 pm	Queen Anne	TBD	\$34
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149837	Wed	5-6 pm	Queen Anne	TBD	
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#### NEW

145698	Thu	1-2 pm	Garfield	M Kaye	
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#### South

150449	Mon	8:30-9:30 am	Jefferson	C House	\$37
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149746	Tue	10-11 am	Alki	M Jorgensen	
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150436	Wed	10-11 am	Rainier Beach	C House	
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149727	Thu	10-11 am	Delridge	M Jorgensen	\$41
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150441	Fri	11 am-Noon	Jefferson	C House	\$37
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#### North

149899	Tue	10:30-11:30 am	Loyal Heights	L Yetter	\$41
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149900	Wed	10:30-11:30 am	Magnolia	M Jorgensen	
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149992	Wed	10:30-11:30 am	Meadowbrook	Mish Mish	
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149998	Thu	10:30-11:30 am	Northgate	Mish Mish	\$41
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149901	Fri	10:30-11:30 am	Magnolia	M Jorgensen	
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## Fitness

### 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.*

#### Central \$40

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

149815	Mon	2-3 pm	Group Health	G Keeble
150790	Mon	3:15-4:15 pm	Group Health	G Keeble
149804	Tue	8-9 am	Group Health	C Grekoff
149805	Tue	9:15-10:15 am	Group Health	C Grekoff
149806	Tue	10:30-11:30 am	Group Health	C Grekoff
149807	Wed	2-3 pm	Group Health	G Keeble
150788	Wed	3:15-4:15 pm	Group Health	G Keeble
149808	Thu	8-9 am	Group Health	C Grekoff
149809	Thu	9:15-10:15 am	Group Health	C Grekoff
149810	Thu	10:30-11:30 am	Group Health	C Grekoff
149811	Fri	8-9 am	Group Health	C Grekoff
149812	Fri	9:15-10:15 am	Group Health	C Grekoff
149813	Fri	10:30-11:30 am	Group Health	C Grekoff
149814	Fri	2-3 pm	Group Health	G Keeble
150789	Fri	3:15-4:15 pm	Group Health	G Keeble

#### South \$40

150296	Mon	9:15-10:15 am	Rainier	C Grekoff
150294	Wed	9:15-10:15 am	Rainier	C Grekoff
150293	Fri	9:15-10:15 am	Rainier	TBA

#### North \$40 unless noted

149946	Mon	9-10 am	Lake City	F Mateo	\$32
149865	Mon	12:30-1:30 pm	Magnolia*	KAdolphsen	\$44
149787	Tue	8-9 am	Mag Bldg 30	J Shearer	
149788	Tue	9-10 am	Mag Bldg 30	J Shearer	
149944	Wed	9-10 am	Lake City	C House	
149864	Wed	12:30-1:30 pm	Magnolia*	KAdolphsen	\$52
149789	Thu	9-10 am	Mag Bldg 30	J Shearer	\$37
149945	Fri	9-10 am	Lake City	F Mateo	
149863	Fri	12:30-1:30 pm	Magnolia*	KAdolphsen	\$56

\*Classes are ongoing at Magnolia

### Fit Plus

\$44

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

149824	Thu	8-9 am	Mag Bldg 30	J Shearer
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### Nia Dance Fitness - Summer Schedule \$50

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

#### 7/8-8/5 Fridays at Meadowbrook

149959 Fri 10-11 am Meadowbrook N Scher

#### 8/12-9/16 Fridays at Meadowbrook (no class 9/2)

149960 Fri 10-11 am Meadowbrook N Scher

**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.**

## FITNESS CENTERS

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

Exercise machines, free weights, and cardio equipment.

Please call for open hours - the following numbers are 206 area code..

<b>Delridge</b>	<b>684-7423</b>
<b>Garfield</b>	<b>684-4788</b>
<b>Hiawatha</b>	<b>684-7441</b>
<b>International District Chinatown</b>	<b>233-7061</b>
<b>Loyal Heights</b>	<b>684-4052</b>
<b>Meadowbrook</b>	<b>684-7522</b>
<b>Northgate</b>	<b>386-4283</b>
<b>Queen Anne</b>	<b>386-4240</b>
<b>Rainier Beach</b>	<b>386-1925</b>
<b>Rainier CC</b>	<b>386-1919</b>
<b>Southwest Pool</b>	<b>684-7440</b>
<b>Van Asselt</b>	<b>386-1921</b>
<b>Yesler</b>	<b>386-1245</b>

## Strength and Conditioning

Varies

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

	149970	Fri	7:45-8:45 am	Laurelhurst	J Shearer	\$48
	149817	Fri	9-10 am	Garfield	F Mateo	\$50

## Fitness at Alki

\$36

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

### South

149743	Mon	10-11 am	Alki	M Dalzell
149744	Wed	10-11 am	Alki	M Dalzell



## Body Conditioning

\$40

Build total body muscle strength utilizing dynabands, free weights, and fitness balls. *Minimum 6 required.*

149858*	Tue	10:50-11:50 am	Bitter Lake	G Keeble
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\*Class qualifies for \$10 off **SHAPE UP COUPON** if you are a new student; this class runs for 8 weeks.

## Dance Fitness for Life

\$36

Fluid movements are used during this low-impact dance aerobics class. Feel stronger and become more flexible. *Minimum 6 participants.*

149889*	Tue	9:05-10:05 am	Bitter Lake	J Rayer
149890*	Thu	9:05-10:05 am	Bitter Lake	J Rayer

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

**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.**

# ADULT SPORTS AND ACTIVITIES

## Softball League

Grab your bat and glove and meet us out on the field! Seattle Parks and Recreation Adult Sports is now offering a softball league for those 50 and better. Your team can have a roster of 20. There will be 5 games plus playoffs. Games will be played on Tuesdays at River View Playfields in West Seattle. For more details please call Jayson Powell Adult Sports Program Coordinator at 206-684-7092. Visit our Adult Sports website at <http://www.seattle.gov/parks/athletics/index.htm>.

Register with code: 150669

Cost: \$579 for team of 20

Dates: 6/7-7/12

When: Tuesdays 7:30-9 pm

Where: River View Playfields (West Seattle)



# POOLS

Seattle Pools offer many opportunities to swim including adult and senior times, shallow water exercise, and deep water hydrofit exercise. Call one of the pools today to see what fits your needs!

(The pool numbers are 206 area code.)

<b>Ballard</b>	<b>684-4094</b>
<b>Colman</b>	<b>684-7494</b>
<b>Evans</b>	<b>684-4961</b>
<b>Lowery C "Pop" Mounger</b>	<b>684-4708</b>
<b>Madison</b>	<b>684-4979</b>
<b>Meadowbrook</b>	<b>684-4989</b>
<b>Medgar Evers</b>	<b>684-4766</b>
<b>Queen Anne</b>	<b>386-4282</b>
<b>Rainier Beach</b>	<b>386-1925</b>
<b>Southwest</b>	<b>684-7440</b>

Lifelong Recreation announces the launch of a new program called "Back In Motion". This will be a group of existing and new targeted fitness classes, educational programs, and incentives to educate, encourage and assist those who have been living with chronic pain, or not exercising for other reasons, into healthy activity levels. With the support of a grant awarded by the Osteoarthritis Action Alliance and in partnership with University of Washington Occupational Therapy graduate students, this program will be developed over the year and will eventually include amenities like increased parking for seniors at our community centers, more accessible trails in our parks, and increased opportunities for fitness that fits, whatever your activity level.

The programs listed here are a base level of fitness activity. Our instructors will receive training on how to help participants who are suffering from chronic pain, and to be attentive to people who are just starting to exercise, or need a lower level of activity for other reasons. If you have any questions on these programs, please call Cheryl Brown at 206-615-0619, or the Recreation Specialist in the sector the class occurs!

## 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 pm Helene Madison Pool

## 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.

149816 Mon 2-3 pm Miller C Grekoff

**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.**

## 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.

149796 Fri 9:30-10:30 am Queen Anne Dwyer Schick

## Arthritis Foundation - Walk with Ease

\$48

Has the pain of arthritis made you stop walking and exercising? Have you been inactive for so long, you are unsure of where to start? This program is for you! The Arthritis Foundation has developed the 'Walk With Ease' program to teach you how to manage the pain of arthritis and begin moving again. Part classroom and part movement, this class will lead you step-by-step into a fitness program that works for you. **Class runs 7/13-8/31.**

149786 Wed 10:30-11:30 am Lake City CC L Stuebing



## Chair Yoga

Free

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

149822 Tue 12:30-1:30 pm Miller J Robin

## 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.

149859\* Mon 1:30 -2:15 pm Bitter Lake D Dragovich

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

## 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 am, 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.



### Washington Park Arboretum

Meet at entrance of Seattle Japanese Garden, 1075 Lake Washington Blvd. E.

7/5 Tue 11 am

### Seward Park Woods

Meet at the Environmental Learning Center/Bathrooms, 5902 Lake Washington Blvd. S.

7/19 Tue 11 am

### Woodland Park Trails

Enter at N 50th St and Woodland Park Ave. N, meet by the bathrooms.

8/2 Tue 11 am

### Ravenna Park's Forest

Meet at the Cowen Park Grocery/Café, corner of NE Ravenna Blvd. at Brooklyn Ave. NE.

8/16 Tue 11 am

### Schmitz Park's Old Growth Forest in West Seattle

Meet at the Alki Community Center, 5817 SW Stevens St.

8/30 Tue 11 am

### Discovery Park in Magnolia

Meet at the Environmental Learning Center, 3801 W Government Way.

9/13 Tue 11 am

### Blue Ridge Trail to Carkeek Park

Meet at Swanson's Nursery entrance, 9701 15th Ave. NW.

9/27 Tue 11 am

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

## Outdoor Fitness

### Summer Walk and Tone

\$45

An outdoor summer workout that includes walking and strength building exercise. Improve cardio and muscle strength while focusing on alignment, balance, and building stamina. Instructor: C Lorenz. **Classes begin week of 7/11. Meet in E-5 parking lot, north side of NE 65th St, between park entrance and lake.**

150005	Mon	9:30-10:30 am	Magnuson Park
150007	Wed	9:30-10:30 am	Magnuson Park

## Walks - Southwest

### 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 am Alki Bathhouse

## Walks - Northwest

See Northwest pages 28-29 for transportation options.

### Japanese Garden

\$8 + fee

Explore the Japanese Garden, 3 1/2 acre formal garden designed and constructed under the supervision of world-renowned Japanese garden designer Juki Iida in 1960. Some areas of the gardens are inaccessible to visitors with physical limitations. **Bring a sack lunch to eat at the park. Bring \$6/\$4 65+ garden entry fee.**

149907 8/10 Wed 9 am-2 pm

### Ballard Locks

\$8

The Hiram M. Chittenden Locks, or Ballard Locks, is a complex of locks at the west end of Salmon Bay. We will also enjoy viewing the fish ladder, and the surrounding Carl S. English, Jr. Botanical Gardens. **Lunch on your own nearby.**

149908 9/7 Wed 9 am-2 pm

### Snoqualmie Falls

\$20

Snoqualmie Falls is one of Washington state's most popular scenic attractions. At the falls, you will find a two-acre park, gift shop, observation deck, the Salish Lodge and the famous 270 foot waterfall. Participants have the option to walk along the boardwalk trail, including 20 stairs, to view the falls from below. **Lunch at the North Bend Bar and Grill \$\$, on your own.**

149909 9/14 Wed 9 am-3 pm

## Hikes - Southeast

See Southeast pages 21-22 for transportation options.

**Rattlesnake Ledge Hike** \$12  
Tremendous views of the Cedar River Watershed, Mount Si, and Rattlesnake Lake at the 2-mile mark. 4 miles round trip. Moderate hike on a well maintained, busy trail. Quick stop at North Bend Outlets before heading home. **Bring a lunch and water.**

150477 7/26 Tue 9:30 am-3:30 pm

## Hikes and Walks - Northeast

See Northeast pages 26-27 for transportation options.

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.

**Chambers Bay Hike** \$15

This area offers stunning panoramas of Puget Sound, the Olympic Mountains and a birds-eye view of Chambers Bay Golf Course, site of the 2015 US Open. 4 miles of trails, with an ADA option. Park has little shade. Please bring sunscreen, hat, and plenty of water.

**This is a joint Sound Steps and NE sector hike. See page 18 for additional pickup options, and register with the barcode of your choice.**

149962 7/11 Mon 9 am-3 pm

**Barclay Lake Hike** \$22

Walk among Douglas firs, western hemlocks, and red cedars - some of which are surviving old-growth specimens. Enjoy reflections of evergreens, sky, and Baring Mountain in the lake's peaceful waters.

149961 8/29 Mon 9 am-3 pm

**Summer Songbirds Nature Walk** \$15

Magnuson Park is home to around 200 bird species, and Promontory Point and the Flyway Meadow are the "birdiest" parts of the park! See page 27 for details, no transportation.

149958 7/19 Tue 9-11 am Magnuson Park

 **Bats and Beavers Night Walk** \$15

On warm summer evenings, Magnuson's bats swoop back and forth over the wetland ponds while resident beavers tend their lodge and dams below. See page 27 for details, no transportation.

149954 8/25 Thu 8-10 pm Magnuson Park

## Hikes - Central

See Central pages 24-25 for transportation options.

**Franklin Falls CW** \$15

A great and beautiful hike located off of I-90. This hike is 2 miles round trip, with 400 ft. elevation gain. Sturdy shoes are recommended. **Bring a sack lunch** to enjoy while viewing the falls at the destination. We will stop for **ice cream (on your own)** on the way back. **SOUTHBOUND Queen Anne and Belltown pickups only.**

149852 9/16 Fri 9 am-2 pm

## Hikes - Sound Steps

See Sound Steps pages 18-19 for transportation options.

Enjoy the great outdoors! Two pick-up locations: Jefferson CC at 9 am and 8061 Densmore Ave. N at 8:15 am for Southbound trips and 9:30 am for Northbound trips. Any changes to this will be noted. 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.**

**Chambers Bay** \$15

This area offers stunning panoramas of Puget Sound, the Olympic Mountains, and a birds-eye view of Chambers Bay Golf Course, home of the 2015 US Open. 4 miles of trails, with an ADA option. Approximately 1 hour from Seattle. **\*Note the change in pick up times for this trip. Southbound.** **This is a joint Sound Steps and NE sector hike. See page 27 for additional pickup options, and register with the barcode of your choice.**

149757 7/11 Mon Densmore pickup: 9:15 am-3 pm  
Jefferson CC pickup: 9:45 am - 3 pm

**Bellingham Boulevard** \$16

This flexible distance walk will be along the paved waterfront boulevard and will include a visit to the Fairhaven Farmer's Market. This will be a day of leisure, so feel free to purchase lunch at one of the nearby eateries or pack your own picnic! Approximately 1.5 hours from Seattle. **Northbound.**

149728 8/3 Wed 9 am-5 pm

**Challenge Hike: Lake to Lake Greenway** \$7

Challenge yourself on this ten-mile trail that spans 9 parks across Bellevue and connects Lake Washington and Lake Sammamish. Hikers should be in very good health and prepared for a variety of terrain. Please visit **<https://seattlesoundsteps.wordpress.com/>** under "Special Events" for more details.

149696 9/19 Mon 8 am-4 pm

# Citywide

# Pickleball, Table Tennis, Volleyball, Exercise of the East

## Pickleball

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

### Central

Mon	6-9 pm	IDCC
Wed	7:30-9:15 am, call to confirm	Montlake
T/Th	10 am-Noon	Yesler

### South

Mon	9:45 am-12:15 pm • <b>Advanced</b> •	Jefferson
M/W	9:30-11:30 am	High Point
M/W	10:30 am-12:30 pm	Delridge
Mon	6-8 pm	High Point
T/Th	10 am-12:30 pm	Rainier
T/Th	12:30-2:30 pm	Delridge
Wed	6-8 pm	Delridge
W/F	10 am-Noon	Van Asselt
Fri	10 am-Noon	Hiawatha

### North

Mon	11 am-1 pm	Magnolia
Mon	9:30 am-12:30 pm	Ravenna Eckstein
Tue	9:30-11:30 am	Magnuson
Tue	10:30 am-12:30 pm	Loyal Heights runs 6/28-8/30
T/F	10:30 am-12:30 pm	Bitter Lake
Wed	6:30-8:30 pm	Ballard
Wed	9:30 am-12:30 pm	Ravenna Eckstein
Thu	10 am-Noon • <b>Intermediate</b> •	Meadowbrook
Thu	Noon-2 pm • <b>Beginners</b> •	Meadowbrook
Fri	Noon-2 pm	Loyal Heights

## Table Tennis

### Table Tennis

Tue	10:30 am-1:30 pm
Tue	3:30-5 pm
Fri	10:30 am-1:30 pm
Fri	2:30-5 pm

Free

Garfield*
IDCC
Garfield*
IDCC

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

## Volleyball

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

T/Th	10:30 am-12:30 pm	Delridge
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## Tai Chi

### Tai Chi

\$40 unless noted

Find your center of balance and improve your circulation by using slow and gentle movement exercises. You will improve your balance and posture, increase your strength, and calm your mind.

### Central

149844	Mon	11:45 am-12:45 pm	Miller	R Friedman	\$34
149842	Tue	10-11 am	Queen Anne	E Baxa	
149843	Thu	10:30-11:30 am	Miller	E Baxa	

### Central Intermediate

149845	Thu	12:15-1:15 pm	Queen Anne	E Baxa	
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### South

150432	Tue	12:30-1:30 pm	Yesler	E Baxa	
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**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.**

### Drop-in Tai Chi at Rainier Beach

\$3/class

M/Th	9:30-10:30 am	Rainier Beach	S Hiserman
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## Tai Chi - Yang Style

### Tai Chi

Varies

Harmonize body and mind with slow, soft, and circular movements.

### North

149975	Thu	6:30-7:30 pm	Mag Bldg 30	E Baxa	\$64
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### Green Lake Session 1: 7/11-25

145982	Mon	7-8 pm	Green Lake	J Guidon	\$12
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### Green Lake Session 2: 8/1-29

145983	Mon	7-8 pm	Green Lake	J Guidon	\$20
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149892*	Fri	11:30 am-12:20 pm	Loyal Heights	C Tan	\$31
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\*Class qualifies for \$10 off **SHAPE UP COUPON** if you are a new student.

## Line Dance

### Line Dance

\$40 *unless noted*

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

#### Central

149841 Thu 6-6:45 pm Queen Ann C Banta

#### South

150361 Mon\* 6:45-7:45 pm Rainier L Reese \$33

150365 Mon\*\* 7:45-8:45 pm Rainier L Reese \$33

149716 Tue 10:15-11:15 am Hiawatha L Reese \$36

*no Tue class 8/2*

149745 Tue 6:30-7:30 pm Hiawatha L Reese \$29

*Tue class ends 8/23*

150801 Thu\* 11:30 am-12:30 pm Van Asselt L Reese

150802 Thu\*\* 1-2 pm Van Asselt L Reese

150304 Fri\*\*+ 10-11 am Jefferson TBA \$36

#### North

149952 Tue\* 6:30-8 pm\* Mag Bldg 30 D Hunsaker \$60

*\* Tue class runs 1.5 hours*

149951 Wed\*\* 10-11am Mag Bldg 30 L Reese

149950 Wed\*\* 11:15 am-12:15 pm Mag Bldg 30 L Reese

149949 Wed\* 12:30-1:30 pm Mag Bldg 30 L Reese

149948 Fri\*\*+ 10-11 am Ravenna-Eckstein D Hunsaker

149920\* Mon\*\*+ 10-10:45 am Bitter Lake L Reese \$25

149921\* Mon\*\* 10:45-11:45 am Bitter Lake L Reese \$33

149922\* Mon\* Noon-1 pm Bitter Lake L Reese \$33

Bitter Lake classes begin 10/12 and run for 10 weeks

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

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

**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.**

### 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 am-12:30 pm IDCC

Fri 11 am-12:30 pm IDCC

## Bridge, Cards, Games

### Drop-in Bridge

\$3 (Age 65+ \$2)

Drop-in play for bridge players.

#### Central

Tue\* 12:30-3:30 pm Queen Anne  
Fri 1-4 pm Montlake

#### South

Mon 9 am-Noon Delridge  
Wed 11 am-2 pm Rainier

#### North

Wed 9 am-Noon Magnolia  
Wed 10:30 am-1:30 pm Ballard  
Thu 1:30-4:30 pm Bitter Lake

\*Intermediate Play

### Drop-In Mah Jong

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.

#### Central

Fri 1:30-4:30 pm Queen Anne

#### North

Fri 11 am-1 pm Loyal Heights

### 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 - 7/26, 8/23, 9/27. You'll have a great time.

150414 Thu 7-9 pm

Jefferson

### 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 pm

IDCC

Fri 2:30-5:30 pm

IDCC



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## Dance

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

Move with grace to traditional Chinese music.

Thu 10 am-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).**

149840 6/9-7/28 Thu 11 am-12:30pm Garfield

### Hawaiian Hula Dance at Green Lake \$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!

145974 7/5-7/26 Tue 5:45-6:45 pm Green Lake E Mumm

## Visual Arts

*If you have never picked up a brush before or are an experience watercolorist, our classes are right for you. All skill levels are welcome! Receive individual attention to enhance your skills. Bring your own paints and brushes. Individual instructors will provide materials list.*

### 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 11 am-4 pm Loyal Heights

### Watercolor at Loyal Heights \$52

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

150791 7/11-8/29 Mon 11 am-2 pm Loyal Heights S Kahler

## Visual Arts *continued*

### Botanical Drawing and Painting \$125

Explore botanical drawing and painting with professional artist and instructor Sharon Birzer. Using Volunteer Park Conservatory for inspiration, you will build your skills and confidence in this medium. Working directly with curators at the Seattle Art Museum she created illustrations and custom maps that are permanently part of the Museum's signage. Her illustrations have been included in books and publications and her work has been exhibited throughout the Northwest and around the country. Birzer holds a BFA from Cornish College of the Arts and an MFA from the University of Washington, and completed the Natural Science Illustration Program at the UW. This session is 3 days in a row, in one week.

TBD 9/13- 9/15 T W Th 1-4 pm Volunteer Park S Birzer Conservatory

### Garden Botanical Illustration Workshop \$55

Get your sketch on! Join professional artist and botanical illustrator Sharon Birzer at the Seattle Japanese Garden in this fun sketching class. Learn observational skills as we draw botanical subjects. If you have prior botanical illustration experience, hone your skills. This is a one day workshop.

150775 8/17 Wed 3-7 pm Japanese Gdn S Birzer

### 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.

145845 4/19 - 6/7 Tue 6-8:30 pm Ballard A Hays

145846 4/21 - 6/9 Thu 6-8:30 pm Ballard M Cantrell

## QUESTIONS ♦♦♦

... about Ballard or Loyal Heights classes?

Call Jayla McGill/Robert Bellm: 206-233-7138

... about Volunteer Park or Japanese Garden classes?

Call Cheryl Brown: 206-615-0619

## Book Clubs

### Alki Book Club

Meets the second Wednesday of each month: 7/13, 8/10, 9/14.

149742 Wed 11:15 am-Noon Alki

Free

### High Point Book Club

Meets the third Thursday of each month: 7/21, 8/18, 9/15.

149768 Thu 1-2 pm High Point

Free

### Laurelhurst Book Club

Meets the 3rd Wednesday of every month. Pick up the latest book at Laurelhurst CC. Meets: 7/20, 8/17, 9/21.

149947 Wed 1-2 pm Laurelhurst

Free

### Meadowbrook Book Club

Meets the third Thursday of every month. Pick up the latest book at Meadowbrook CC. Meets: 7/21, 8/18, 9/8\* (\*2nd Thursday due to 9/15 closure).

149953 Thu 11 am-Noon Meadowbrook

Free



## Technology Support for the LGBTQ Community

Free

Get support for your computers, phones, tablets, and all things technology! Feel free to bring in your devices and any and all questions that you may have. E-mail, video chat-ting, online searching, smart-phones, digital books. This class meets once per month over the summer. Please Note: Cannot fix broken devices, but can teach you how to use working devices. Tell a friend! **For more information and to register call 206-684-4240.**



TBD	6/14	Tue	6-7:30 pm	Garfield
TBD	7/12	Tue	6-7:30 pm	Garfield
TBD	8/9	Tue	6-7:30 pm	Garfield



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## Writing and Language

### ESL for Fun

Learning for fun using poems and songs. Gain self-confidence and become your own interpreter and translator.

Tue/Fri 9:30-10:30 am Garfield W Nguyen

Free

## Arts and Crafts

### Crafty Ladies

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

Thu 1:30-4 pm Queen Anne

Free

### Needle Art Circle

150419 Thu Noon-3 pm

Jefferson

Free

### Quilting

150426 Fri 11 am-2 pm

Jefferson

Free



To support a healthy environment, this is a zero-waste event.

## 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 am.

*Dates/speakers are TBA. Call 206-684-0500 to verify dates/times or e-mail seniors@seattle.gov.*

## 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 am -Noon	Miller
Vietnamese	Tue/Fri	10 am-1 pm	Garfield
Ethiopian/ Eritrean	Thu/Sat	11 am-1 pm	Yesler

## 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 pm Queen Anne

### Associated Recreation Council



For 40 years, the Associated Recreation Council (ARC) has provided recreation, lifelong learning programs and community-driven leadership in partnership with Seattle Parks and Recreation. With a goal of providing equitable access to citywide programs for Seattle residents of all ages, ARC works through 37 volunteer Advisory Councils to fulfill its mission of "building community through citizen engagement and participation in recreation and lifelong learning programs." ARC is a 501c3 nonprofit organization. For more information, go to [www.arcseattle.org](http://www.arcseattle.org).

## 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.centralareasrcenter.org](http://www.centralareasrcenter.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)



# DEMENTIA-FRIENDLY RECREATION

## Volunteer

### Remember The Hungry

A monthly opportunity to give back to community and build meaningful relationships. Every third Tuesday, help package and sort food at Cherry Street Food Bank, 711 Cherry St. **6 participants maximum each day. Register by Friday beforehand.**

7/19, 8/16, 9/20 Tuesdays 1-2:30 pm

711 Cherry St.

### Fridays In The Garden

Enjoy nature, fresh air, and friends with two monthly opportunities to garden and give back in the community. **10 participants max. Register by Wednesday beforehand.**

#### • Rainier Beach Urban Farm and Wetlands

Join the work party in Rainier Beach! Help with much needed restoration in the wetlands, while connecting with other groups working on the farm including East African elders. End with a delicious lunch together.

7/1, 8/5, 9/2 First Fridays 10 am-12:30 pm 5513 S Cloverdale St.

#### • Bradner Gardens Park

Explore, learn, and help tend the community gardens in this unique park in Mount Baker! Variety of tasks, seated options available. Bring a bag lunch and end with lunch together.

7/15, 8/19, 9/16 Third Fridays 10 am-12:30 pm 1730 Bradner Pl. S

## 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 pm

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 am-12:30 pm

Various Locations

### Early Stage Memory Loss Zoo Walk

Free

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

Monday and Wednesday mornings

Woodland Park Zoo

Enjoy our summer dementia-friendly recreation opportunities! Most are intended for people living with Early Stage Memory Loss (ESML) unless otherwise noted, and care partners are welcome for no additional charge.

For more information or to register contact Cayce Cheairs at 206-615-0100, [cayce.cheairs@seattle.gov](mailto:cayce.cheairs@seattle.gov), or the contact noted in the description.



## Arts

### Friendly-Folk Dance

\$15/3 week series

A dance experience for persons living with memory loss and care partners. Engage in a variety of international folk dances led with inspiring music and simple moves by teaching artist and folk dance master Susan Wickett-Ford. Offered in partnership with Silver Kite Community Arts. **Space limited, register by 7/29.**

8/3, 8/10, 8/17 Wednesdays 10:30-11:30 am

Yesler CC

### Dementia-friendly Drumming Circle

Free

Join the circle and start drumming! In this facilitated group you will use a variety of instruments to express yourself. No experience necessary, instruments provided. Offered by the SE Seattle Senior Center. **Sign-up at 206-722-0317.**

3rd Fridays

1-2 pm

SESSC, 4655 S Holly St.

## Special Events



### Camp Momentia

\$15

A day camp experience for persons living with memory loss and their family and friends. Enjoy a day of exploration, creativity and community at historical Camp Long in West Seattle! Includes lunch. Van transportation provided from north and south Seattle. Sponsored by Aegis on Madison. **Space is limited, register by 9/2.**

9/17

Sat

10 am-3 pm Camp Long, 5200 35th Ave. SW

### Field Trip: MOHAI

\$10 + lunch

Explore Seattle's Museum of History and Industry at South Lake Union, followed by lunch in the museum café. This field trip will include docent-led experiences and self-paced tours of some of the exhibits. Van transportation from Northgate Mall and Rainier CC. **Space limited, register by: 7/25.**

8/2

Tue

10 am-1:30 pm

### MOMENTIA SEATTLE

At Seattle Parks and Recreation, we are proud to be part of the grassroots movement to make Seattle dementia-friendly. To learn more about Momentia and see a full listing of memory loss offerings in Seattle, visit: [www.momentiaSeattle.org](http://www.momentiaSeattle.org).

# SOUND STEPS CITYWIDE WALKING PROGRAM

## SOUND STEPS WALKING PROGRAM

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! We have options throughout the city, for all fitness levels. Try out a walking group any time or ask how you can start a new group by contacting the Sound Steps coordinator, Jill Ellison, at [sound.steps@seattle.gov](mailto:sound.steps@seattle.gov) or 206-684-4664. Register online or at your local community center for activities with a listed barcode.



## Sound Steps Hikes and Trips

Enjoy the great outdoors! Two pick-up locations: Jefferson CC at 9 am and 8061 Densmore Ave. N at 8:15 am for Southbound trips and 9:30 am for Northbound trips. Any changes to this will be noted. 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.**

### Chambers Bay \$15

This area offers stunning panoramas of Puget Sound, the Olympic Mountains, and a birds-eye view of Chambers Bay Golf Course, home of the 2015 US Open. 4 miles of trails, with an ADA option. Approximately 1 hour from Seattle. **\*Note the change in pick up times for this trip. Southbound.** This is a joint Sound Steps and NE sector hike. See page 27 for additional pickup options, and register with the barcode of your choice.

149757 7/11 Mon Densmore pickup: 9:15 am-3 pm  
Jefferson CC pickup: 9:45 am-3 pm

### Bellingham Boulevard \$16

This flexible distance walk will be along the paved waterfront boulevard and will include a visit to the Fairhaven Farmer's Market. This will be a day of leisure, so feel free to purchase lunch at one of the nearby eateries or pack your own picnic! Approximately 1.5 hours from Seattle. **Northbound.**

149728 8/3 Wed 9 am-5 pm

### Challenge Hike: Lake to Lake Greenway \$7

Challenge yourself on this ten-mile trail that spans 9 parks across Bellevue and connects Lake Washington and Lake Sammamish. Hikers should be in very good health and prepared for a variety of terrain. Please visit <https://seattlesoundsteps.wordpress.com/> under "Special Events" for more details.

149696 9/19 Mon 8 am-4 pm

### Search and Rescue Tour \$12

Snohomish County Search and Rescue will give us a behind the scenes look at the organization and the equipment used for rescues. After, lunch on your own in downtown Snohomish.

150817 8/15 Mon 9 am-3 pm

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

## Nordic Walk Series

### Log Boom Park Get Together \$5

Nordic Walkers and traditional walkers are invited to a fun group walk at Log Boom Park in Kenmore. South end pick-up at 8:30 am from Jefferson Community Center. North end pick-up at 8061 Densmore Ave. N at 9 am. This park is situated on Lake Washington, with a picnic area and direct access to the Burke-Gilman Trail, where we will be walking. A limited number of loaner Nordic poles will be available. Please bring a lunch.

149760 7/13 Wed 9:30 am-1:30 pm

### Taste of Nordic Walking Free

Drop by Maple Leaf Reservoir Park between 9 am and noon to try out this effective and fun way to exercise. Nordic walking uses special poles and engages the total body in movement against resistance. The calories burned by Nordic walking can be much greater than the calories burned by walking.

149761 7/27 Wed 9 am-Noon

## Sound Striders

### Enjoy faster, longer walks? Free

Join 'Sound Striders' for 5 to 6-mile fitness walks every week! Meet at 8 am for coffee; walk leaves at 8:30 am. Each month we explore a different Seattle neighborhood. **Visit the blog to sign up for Striders emails.**

### SOUTH Striders Thursdays 149769

See <http://seattlesoundsteps.wordpress.com/sound-striders/>, or call Jill, for current locations.

### NORTH Striders Tuesdays 149763

See <http://seattlesoundsteps.wordpress.com/sound-striders/>, or call Jill, for current locations.

### STRIDERS 3-DAY WALK: Eastside Stride

Covering about 10 miles a day, we'll walk a great mix of urban streets, residential neighborhoods, shoreline, and some gorgeous parks in Bellevue and Kirkland. Plus, each day will conclude with our famous Happy Hour. **Maps and detailed information will be available by July 1.**

## Weekly Walks - South

### 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 am Lincoln Park

### New! Southcenter Mall Walk Free

Enjoy walking around the mall and save time for coffee with friends! Van leaves from Jefferson Community Center at 8:45 am and returns around 11:20 am. **Space is limited so please call or email by the Wednesday before to reserve your seat. Fridays through 8/26.**

Fri 8:45-11:20 am Jefferson CC

# SOUND STEPS CITYWIDE WALKING PROGRAM

## Weekly Walks - South *continued*

### Rainier Nordic Walks

Free

Visit blog for current program information.

Wed 2-4 pm

Rainier CC

## Weekly Walks - North

### Ballard Sound Steps

Free

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

149705 Mon 9:30-10:30 am 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.

149712 Wed 10-11:30 am Eddie McAbee entrance  
NW 100th Pl. & 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 9:15 am. **Sign up online: <http://www.zoo.org/seniorzoowalkers>.**

T/Th 9:15-11 am

Woodland Park Zoo  
South Gate 50th & 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.**

149729 Fri 1:30 pm 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.

149730 Mon 9:30-10:30 am

### Sound Steps Strollers

Free

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. Lead by volunteer walk leader, Patty Young. **Runs 7/9-9/10.**

Sat 9 am

Northgate Mall

### New! 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.

Wed 1:15 pm

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.

149764 Thu 10-11 am

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.

149713 Fri 10 am-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.**

149708 Wed 6-7 pm

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.

149771 M/Th 2-3 pm

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.

Mon Noon-1:30 pm

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 pm

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.)

Fri 11 am-Noon 306 23rd Ave. S, Suite 200

## Sound Steps Special Events

### Lake Union Loop 10K/Half Marathon Walk \$18

This event features live music, snacks, prizes, and a medal.

148642 6/11 Sat 7 am-1 pm

Gas Works Park

### Walk of Champions \$10 suggested donation

Walk up to a 13.1-mile half marathon using the ¾ mile paved walking loop at Jefferson Park. This event features beautiful city views, snacks, prizes, and a medal.

148653 6/25 Sat 7 am-1 pm

Jefferson Park

# SOUTHEAST

## REGISTRATION

### RECREATION SPECIALIST

Angela P. Smith 206-684-7484  
angelap.smith@seattle.gov



**Registration begins at noon, May 24, 2016**

Registration and payment details can be found on page 31. Following registration, 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. As a courtesy to other participants, 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 SE *continued*

**Hydro Plane Pit Tour at Seafair** \$7 + fee  
The world's fastest powerboats race on the waters of Lake Washington. Tour the pit and check out the Boeing Air Show including watching the U.S. Navy Blue Angels soar in the sky overhead. Food vendors, interactive booths, and live bands play. **\$10 for pit tour.**

150465 8/5 Fri 10 am-2:30 pm

**Ste Michelle Winery and Garden Tour** \$12 + fee  
Get a behind-the-scenes glimpse at winemaking, and see what makes the Columbia Valley such a premier grape growing region. The tour concludes with a sampling of our wines (**\$15 optional**). After lunch at Red Hook Brewery (on your own), experience the magic of the Chateau Ste. Michelle Garden Tour accompanied by a master gardener. **Tour fee of \$10, and lunch, on your own.**

150480 8/16 Tue 9:45 am-3:30 pm

**Port of Seattle and Waterfront** \$7 + fee  
See what there is to see and learn in our beautiful port. Explore the waterfront's piers which has had a major facelift over the past few year. While there, we will take the water taxi to Alki. **Fare is \$2.25 one way age 65 +/\$5.25 under age 65.**

150469 8/30 Tue 9:15 am-3:30 pm

**Puyallup Fair** \$13 + fee  
It's the biggest and best state fair in the state! Enjoy food, concerts, animals, agriculture, view exhibit entries, and lots of innovative commercial merchandise. **Admission own your own.**

150474 9/20 Tue 9:30 am-4 pm

## Field Trips SE

**Tree House Tour** \$32  
Tour Pete Nelson's the Treehouse Master Treehouses! Tree House Point is a unique retreat in the woods used for lodging, weddings, and more. We'll tour as many as available. **Lunch on your own nearby.**

150482 7/15 Fri 9:45 am-3:30 pm

**Muckleshoot Casino** \$12  
Have fun and good luck and the biggest and best in the NW. Hungry? Eight restaurants around the casino floor will sate every craving, from Asian to American, and more! **Lunch on your own.**

150467 7/19 Tue 9:15 am-3:30 pm

**Rattlesnake Ledge Hike** \$12  
Tremendous views of the Cedar River Watershed, Mount Si, and Rattlesnake Lake at the 2 mile mark. 4 miles round trip. Moderate hike on a well maintained, busy trail. Quick stop at North Bend Outlets before heading home. **Bring a lunch and water.**

150477 7/26 Tue 9:30 am-3:30 pm

## Special Event

**Progressive Picnic** \$20  
Top off your summer with a fun day of exploring, enjoying, and learning about three of Seattle's major parks. You will enjoy a 'progressive picnic' including appetizers and drinks at Hiawatha Park, lunch at Lincoln Park and dessert at Camp Long. At each site there will be a history lesson on the park, live music, or opportunities for activity! **Transportation provided from each sector. Register with the barcode of your choice. Price includes a barbecue lunch!**

150472 9/12 Mon 10 am-4 pm

# SOUTHEAST

## Lifelong Learning SE

### Home Downsizing and Moving

Free

7 tips to simplify your downsize and reduce the stress of a move. This hour long presentation is presented by SASH Senior Home Sale Services.

150303 7/11 Mon 10:30-11:30 am Rainier

### 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.**

150287 8/31 Wed 9 am-5 pm Jefferson

150288 9/28 Wed 9 am-5 pm Rainier

## Community Events SE

### BBQ Bingo

\$5

Everybody loves to play BINGO! No charge for BINGO, it's free to play. Your fee is for the cost of food. Prizes available for the winners. This event is located at Pritchard Beach Bathhouse, 8400 55th Ave. S. (two blocks east from Rainier & Cloverdale.) **Please register in advance.**

150290 8/19 Fri 11:30 am-2 pm Pritchard Beach

### Fabulous Over 50 Luncheon

Free

Our summer picnic! Thanks to our local sponsors, Park Place Assistive Living and Esperanza Apartments, and many other local community providers, this gathering happens once a quarter. Receive community information, enjoy lunch, and entertainment.

150298 9/13 Tue 10:30 am-1 pm Rainier

### S.L.O.W. Rides with Senior Ladies on Wheels

Free

Pleasant, sociable bike rides for the unhurried rider, following quiet streets and trails. Everyone welcome, just ride SLOW! Meets last Saturday of each month starting at 11 am at the Northwest African American Museum; 2300 S Massachusetts St., 98144. Please visit [www.facebook.com/SeniorLadiesOnWheels/](http://www.facebook.com/SeniorLadiesOnWheels/).

last Sat of each month 11 am NW African American Museum



[www.facebook.com/pages/Lifelong-Recreation-Programs/427706297263579](http://www.facebook.com/pages/Lifelong-Recreation-Programs/427706297263579)

## Southeast Seattle Senior Center

4655 S Holly St., 98118  
206-722-0317

### Beach Volleyball

\$1

This is a modified form of volleyball played by sitting in chairs and using a beach ball. Beach Volleyball is an excellent way to be active and have fun at the same time.

**When:** Tuesdays and Thursdays, 1:30-2:30 pm.

### Chess Club

Free

Play a game of chess with a friend or come to learn how to play. It is never too late to learn how to play chess.

**When:** Tuesdays, 10:30 am-1:30 pm.

### Conversational Spanish Class

\$2

Contrary to popular perception, Spanish is an easier language to learn than English! Learn under the tutelage of Marcelino Gomez. Sign up at the Front Desk.

**When:** Fridays, 10:30-11:30 am.

### Massage Therapy

\$25 members/

\$30 non-members per ½ hour

Heather Robinson provides low cost, 30-minute or 60-minute therapeutic massages by appointment. Call 206-722-0317 to make an appointment; no-shows will be charged the regular fee.

**When:** Wednesdays, 9:30 am-3:30 pm (except first Wednesday of the month), and Thursdays 9 am-1 pm.



# SOUTHWEST

## REGISTRATION

### RECREATION SPECIALIST

Mary Dalzell • 206-935-2162  
mary.dalzell@seattle.gov

Registration begins at noon,  
May 24, 2016



Registration and payment details can be found on page 31. Following registration, 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. As a courtesy to other participants, 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 SW *continued*

### Mystery

\$15

No hints, no initials, just take a chance. **Lunch on your own.**

149720 7/28 Thu 10 am-4 pm

### Thurston County Fair

\$23 + fee

It is time to try a new fair and see what different parts of the state offer. This country fair is located in Lacey. **Admission fee is \$6 and lunch on your own.**

149721 8/4 Thu 9:30 am-5 pm



## Field Trips SW

### River Rafting

\$80

River rafting in Leavenworth with BBQ lunch provided. After time on the water (approx. 3-4 hours), **dinner on your own in Leavenworth. No refund after registration.**

149718 7/12 Tue 10 am-10 pm



### Woodinville Garden Tour

\$17 + fee

17th annual private gardens of Woodinville tour. **Ticket price of \$20 on your own. Lunch on your own.**

149719 7/16 Sat 9:30 am-4 pm



### Ferndale/Beach

\$26

Ferndale is no longer just a small town. After we visit the sites we will stop at my sister's beach house for a little walk on the sand (if tide is out).

149722 8/20 Sat 10 am-5:30 pm

### Old Goat Farm

\$26 + fee

For 11 years Greg and Gary have been working their 3 acres into a garden oasis in Orting. The buildings are original with the main house having a huge porch. **Bring \$8 cash for the tour and history of the land. In addition we will be dining in the garden so bring a sack lunch.** Lemonade provided.

149723 8/25 Thu 10 am-4 pm

### Remlinger Farms

\$16

There's always something to see at the family owned Remlinger Farms. After visit time in Carnation, **lunch on your own.**

149724 9/8 Thu 10 am-4 pm

## Special Event

### Progressive Picnic in the Parks

\$20

Top off your summer with a fun day of exploring, enjoying, and learning about three of Seattle's major parks. You will enjoy a 'progressive picnic' including appetizers and drinks at Hiawatha Park, lunch at Lincoln Park and dessert at Camp Long. At each site there will be a history lesson on the park, live music, or opportunities for activity! **Transportation provided from each sector. Register with the barcode of your choice. Price includes a barbeque lunch!**

149726 9/12 Mon 10 am-4 pm

## Lifelong Learning SW

### Getting Your House in Order

Free

This important seminar will cover, in detail, the what and why we pre-plan. Learn what you probably didn't know about veteran's benefits, and understanding more about social security. Presented by Rose Brittain of Evergreen Washelli.

**We need a minimum of 10 for this presentation, please pre-register by 7/11.**

150769 7/18 Mon 11:15 am-12:15 pm Alki

## West Seattle Senior Center

4217 SW Oregon St. 206-932-4044

### An Evening with Elvis

When: Friday, 7/22

Dinner and a show featuring Bret Wiggins as Elvis Presley. Call 206-932 4044 x 1 for time, price, and to register.

### Luau

When: Tuesday, 7/12

Cost: Suggested donation - Members: \$6/Nonmembers \$8  
Hula on over for our summer Luau Party!

### Taste of Mexico

When: Tuesday, 8/9

Cost: Suggested donation - Members: \$6/Nonmembers \$8  
Food, drinks, and entertainment from south of the border!

### West Seattle Big Band

featuring the sounds of Frank Sinatra

When: Friday, 9/23

Come fly with us for dinner and a show with a local favorite band!

Call 206-932 4044 x 1 for time, price, and to register.

## Community and Social Programs SW

### Potluck

Free

Join us for our annual potluck celebration.

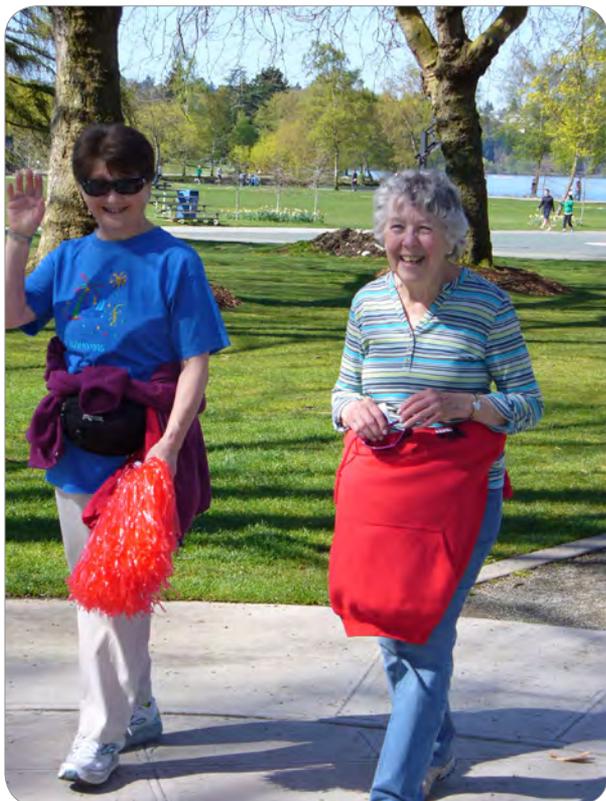
149717 9/14 Wed 11 am-1 pm Alki

### New! 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 am Alki Bathhouse



## South Park Community Center

8319-8th Ave. S 206-684-7451

Free programs:

Tuesdays: 1-2:30 pm: chair exercise and Tai Chi  
Thursdays: 11 am-12:30 pm: chair exercise and Tai Chi

Call the center and ask for Frank Mateo to confirm program offerings.

## REGISTRATION

### RECREATION SPECIALIST

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



Carol

**Registration begins at noon,  
 May 24, 2016**

Registration and payment details can be found on page 31. Following 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. As a courtesy to other participants, please refrain from wearing fragrances.

### PICKUP SITES AND TIMES FOR TRIPS

#### CENTRAL WEST TRIPS (CW)

**Queen Anne Community Center** • 1901 First Ave. W  
 Northbound: Pickup is at time listed;  
 Southbound: Pickup is 15 minutes before time listed.

**Belltown Community Center** • 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, 98104  
 Northbound: Pickup is 30 minutes before time listed;  
 Southbound: Pickup is at time listed.

**Garfield Community Center** • 2323 E Cherry St.  
 Northbound: Pickup is 15 minutes before time listed;  
 Southbound: Pickup is 15 minutes before time listed.

**Miller Community Center** • 330 19th Ave. E  
 Northbound: Pickup is at time listed;  
 Southbound: Pickup is 30 minutes before time listed.

**Central Senior Center** •  
 You will be called with your time of pickup.

## Field Trips Central *continued*

**Bellevue Arts Festival CW** \$7  
 Are you a lover of arts and crafts, fine art, street art, music? The Bellevue Arts festival has it all. Running for its 32nd year, it continues to grow. Take your time to stroll through the festival, have lunch at the park (on your own), and enjoy the day. **SOUTHBOUND Queen Anne and Belltown pickups only.**

149848 7/29 Fri 10 am-3 pm

**Kayaking on Lake Washington CE** \$7 + fee  
 Join us with Outdoors for All for a day on the water sea kayaking on Lake Washington! All equipment is included and a mini instruction session. If you have never done this before, do be leery, it is easier than you think, and it's very relaxing. **Make a check payable to Outdoor for All for \$30 and bring day of.** A boxed lunch is included. You will have 3 hours to paddle and eat lunch. **NORTHBOUND Garfield CC, Miller CC, IDCC, and Central Senior Center pickups.**

149849 8/5 Fri 9:30 am-2:30 pm

**Exploring Tacoma CW** \$15  
 See another side of Tacoma! We will explore the Seymour Conservatory and then head downtown for the farmers market where you explore more and have **lunch (on your own).** **Admission to the Conservatory is Free, but a donation is suggested.** **SOUTHBOUND Queen Anne and Belltown pickups only.**

149850 8/11 Thu 9 am-3 pm

**Evergreen State Fair CE** \$15  
 The Evergreen State Fair is a long time tradition in the Northwest. We will head out to Monroe to experience the fair. **Bring 3 cans of food to donate and get free admission this day!** **NORTHBOUND Garfield CC, Miller CC, IDCC, and Central Senior Center pickups.**

149851 9/2 Fri 9 am-2 pm

**A Day on Whidbey CE** \$31 + fee  
 We will start the day at Meerkerk Gardens which has 4 acres of display gardens and 4 miles of nature trails, followed by lunch in Langley with a little time to shop, then off to the Spoiled Dog Winery for a little tasting of local wines. **Admission to Meerkerk is \$5, bring day of.** **NORTHBOUND Garfield CC, Miller CC, IDCC, and Central Senior Center pickups.**

149854 9/9 Fri 7:45 am-4 pm

## Field Trips Central

**Backstage Tour of the Paramount Theater CE** \$7  
 See the set displays, costumes, and more historical features of the amazing Paramount Theater as we go behind the scenes to see how they put shows together. There are a few steps involved with the tour. **NORTHBOUND Garfield CC, Miller CC, IDCC, and Central Senior Center pickups.**

149847 7/12 Fri 9:45 am-2 pm

# CENTRAL

## Field Trips Central *continued*

**Franklin Falls CW** \$15  
 A great and beautiful hike located off of I-90. This hike is 2 miles round trip, with 400 ft. elevation gain. Sturdy shoes are recommended. **Bring a sack lunch** to enjoy while viewing the falls at the destination. We will stop for **ice cream (on your own)** on the way back. **SOUTHBOUND Queen Anne and Belltown pickups only.**

149852 9/16 Fri 9 am-2 pm

## Special Events

**Progressive Picnic CW** \$20  
 Top off your summer with a fun day of exploring, enjoying, and learning about three of Seattle's major parks. You will enjoy a 'progressive picnic' including appetizers and drinks at Hiawatha Park, lunch at Lincoln Park and dessert at Camp Long. At each site there will be a history lesson on the park, live music, or opportunities for activity! **Transportation provided from each sector. Register with the barcode of your choice. Price includes a barbeque lunch!** **SOUTHBOUND Queen Anne and Belltown pickups.**

149853 9/12 Mon 10 am-4 pm

## Pike Market Senior Center's 17th Annual Women's Retreat

**Where:** Camp Burton on Vashon Island

**When:** September 20-23

*Note: There is a required orientation and planning meeting on Tuesday 9/15 at 10 am at Pike Market Senior Center.*

Pike Market Senior Center women are invited to join in this relaxing senior center tradition at beautiful Camp Burton on Vashon Island. Please visit the Camp Burton website at [www.campburton.com](http://www.campburton.com) to take a look at the grounds and buildings.

**Costs:** \$112 for 3 days. This covers lodging and 1/3 meal cost. Pike Market Senior Center pays 2/3 meal cost, on-island transportation, and the living room concert. Payment, payable to Pike Market Senior Center, should be made at the orientation meeting on September 15th.

Please contact Pike Market Senior Center for more detailed information at 206-728-2773.

## Community Events Central

**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 pm Queen Anne



**Pike Place Senior Center BBQ** Free  
 Free barbeque at Green Lake Park on the east side of the lake, across from Starbucks and sponsored by the Pike Place Market Senior Center. Food and entertainment provided. **You must reserve a space for this free event.**

149846 8/13 Sat 11:30 am-2:30 pm Green Lake



## The Central Senior Center

500 30th Ave. S, Seattle, WA 98144  
 Tel: 206-726-4926

**Foot Care** \$22 members/\$27 non-members  
 Foot care appointments are available by CASC's knowledgeable registered nurse.

Mondays, call 206-726-4926 to schedule an appointment.

**Diabetes Workshop Series** Free  
 The CASC's FREE Diabetes Workshops focus on promoting overall health.

Every Thursday from 10 am-Noon.

## Pike Place Senior Center

85 Pike St., #200, Seattle, WA 98101  
 Tel: 206-728-2773

[www.pikemarketseniorcenter.org](http://www.pikemarketseniorcenter.org)

Drop in anytime, Monday-Friday 8 am to 4 pm

# NORTHEAST

## REGISTRATION

### RECREATION SPECIALIST

Tamara Keefe • 206-386-9106

tamara.keefe@seattle.gov

Registration begins at noon,  
May 24, 2016



Registration and payment details can be found on page 31. Following 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. As a courtesy to other participants, 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

### Bountiful Flowers

\$18 + fee

We'll see what's blooming, and head for the fields to cut flowers. Bring home one stem or a bouquet for every room. **First, we'll stop for a late breakfast on your own. Bring cash for flower purchase.**

149791 7/18 Mon 8:30 am-2 pm



### Kayak on Lake Washington

\$5 + fee

Enjoy the view of lovely Lake Washington from a boat – powered by you! Participants will receive basic instruction and an overview of equipment from *Outdoors for All*, before heading out for a social group paddle. Return to shore after a couple of hours to enjoy a picnic dinner, and time with new friends. Geared toward individuals of all skill levels, including those who kayak regularly. Meal included in trip price. **Bring \$30 check payable to Outdoors for All on day of trip. Responsible for full fee after registration. Meet at Sail Sand Point in Magnuson Park.** Turn right at 4-way stop toward Arena Sports, then park at the SE end of fenced-off boat storage area.

149795 7/25 Mon 4-8 pm Magnuson Park

## Field Trips NE *continued*

### Your Voice is Important – Vote!

\$12

Our guided tour of the King County Elections center takes place at an election time so you will literally see how ballots are received and processed. **Enjoy lunch on your own after the tour.**

149803 8/1 Mon 9:30 am-2:30 pm

### Snoqualmie Valley Historical Museum \$22 + fee

We'll visit Snoqualmie Falls before having lunch in North Bend, home to Twede's Café and Twin Peaks Cherry Pie. After, we'll spend time at the Snoqualmie Valley Historical Museum to learn about life in the area before the hit TV series. **All fees on your own.**

149800 8/15 Mon 9:30 am-3:30 pm

### Bradner Gardens

\$12

Bradner Gardens Park in southeast Seattle hosts several partnering garden organizations: P-Patch, City Fruit and Seattle Tilth. We'll have a tour of the garden highlighting how the community came together to save the park from developers, the energy conservation elements of the windmill and water catchment systems, the whimsical artwork and plants, seeds, bees and other more typical garden sights. **Enjoy lunch on your own after the tour.**

149793 8/22 Mon 9:30 am-2:30 pm

## Special Event

### Progressive Picnic

\$20

Top off your summer with a fun day of exploring, enjoying, and learning about three of Seattle's major parks. You will enjoy a 'progressive picnic' including appetizers and drinks at Hiawatha Park, lunch at Lincoln Park and dessert at Camp Long. At each site there will be a history lesson on the park, live music, or opportunities for activity! **Transportation provided from each sector. Register with the barcode of your choice. Price includes a barbecue lunch!**

149797 9/12 Mon 10 am-4 pm

## Lifelong Learning NE

### 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 at the first class.**

149785 9/19-20 M/T 9:30 am-1:30 pm Meadowbrook

# NORTHEAST

## Northeast Hikers

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.

### Chambers Bay \$15

This area offers stunning panoramas of Puget Sound, the Olympic Mountains and a birds-eye view of Chambers Bay Golf Course, site of the 2015 US Open. 4 miles of trails, with an ADA option. Park has little shade. Please bring sunscreen, hat, and plenty of water.

**This is a joint Sound Steps and NE sector hike. See page 18 for additional pickup options, and register with the barcode of your choice.**

149962 7/11 Mon 9 am-3 pm

### Barclay Lake \$22

Walk among Douglas firs, western hemlocks, and red cedars - some of which are surviving old-growth specimens. Enjoy reflections of evergreens, sky, and Baring Mountain in the lake's peaceful waters.

149961 8/29 Mon 9 am-3 pm

## Lake City Seniors

12531 28th Ave. NE, Seattle 98125  
206-268-6738

[www.lakecityseniors.org](http://www.lakecityseniors.org)

Please join us Mondays and Wednesdays 9 am-2 pm for:

- Exercise, health and wellness classes
- Community lunch (made from scratch by Hunger Intervention Program)
- One-on-one help connecting you to resources and information
- Enhance Wellness foot care and counseling to help support you with a health goal or challenge
- Art classes, discussion groups, games, educational programs, and more!

## Wallingford Community Senior Center

4649 Sunnyside Ave. N, Seattle 98103  
206-461-7825

[www.wallingfordseniors.org](http://www.wallingfordseniors.org)

Drop in anytime Monday-Friday 9 am-5 pm, or come for these programs and services:

- Computer lab, tech support, computer classes and 1-1 mentoring
- No-cost social work consultations to help you navigate resources and find the services you need
- Community lunch 3x week, T-W-F. All are welcome! Healthy food options!
- "Happy Hour" – workshops and activities to promote healthy aging, stress less, and find joy

## Nature Walks NE

### Summer Songbirds \$15

Magnuson Park is home to around 200 bird species, and Promontory Point and the Flyway Meadow are the "birdiest" parts of the park! We'll keep our eyes and ears out for sparrows, finches, swallows, warblers, and other songbirds, as well as woodpeckers and raptors, as we walk up and down the wood chip trails and stairs to the highest point in the park. Binoculars provided upon request. **Start Location: Park in lot #E-1 or #E-2 (off 65th and Lakeshore Drive), and follow the signs to meet at the red-roofed Environmental Education Pavilion off the little road on the west end of lot #E-1.**

149958 7/19 Tue 9-11 am Magnuson Park



### Bats and Beavers Night Walk \$15

On warm summer evenings, Magnuson's bats swoop back and forth over the wetland ponds while resident beavers tend their lodge and dams below. Barn owls hunt for prey to feed the juvenile owlets that were born in the spring, and chorus frogs sing from the trees! Walking the Wetland Complex trails this month will be a special nighttime treat. Binoculars and other supplies provided for all, or bring your own. Please bring a small flashlight. **Start Location: Park in lot #E-1 or #E-2 (off 65th and Lakeshore Drive), and meet at the entry sidewalk right next to the Boat Launch.**

149954 8/25 Thu 8-10 pm Magnuson Park

# NORTHWEST

## REGISTRATION

### RECREATION SPECIALIST

Jayla McGill • 206-233-7138  
 jayla.mcgill@seattle.gov  
 Rob.bellm@seattle.gov



**Registration begins at noon, May 24, 2016**

Registration and payment details can be found on page 31. Following registration, contact Jayla/Rob 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. As a courtesy to other participants, 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:** Leaves 20 min before time listed;  
**Ballard:** Leaves at trip time listed.

#### NORTHBOUND TRIPS

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

Robin O'Leary and Robert Bellm will be helping with Jayla's trips and events.



Robin O'Leary



Robert Bellm

## Field Trips NW

### Chihuly Glass Museum

\$10

Chihuly Garden and Glass is a museum in the Seattle Center/ Space Needle area. **Lunch on your own.**  
 SOUTHBOUND

149913 7/20 Wed 9:15 am-2 pm



[www.facebook.com/pages/Lifelong-Recreation-Programs/427706297263579](http://www.facebook.com/pages/Lifelong-Recreation-Programs/427706297263579)

## Field Trips NW *continued*

### WALK: Japanese Garden

\$8 + fee

Explore the Japanese Garden, 3 ½-acre formal garden designed and constructed under the supervision of world-renowned Japanese garden designer Juki Iida in 1960. Pathways in the garden are surfaced with gravel which may result in some inconvenience for wheelchair and walker users. The garden does have some ADA access paths. **Bring a sack lunch to eat at the park. Bring \$6/\$4 65+ garden entry fee.**

SOUTHBOUND

149907 7/27 Wed 9:30 am-2 pm

### High Rope and Low Ropes Challenge Course

\$22

Lifelong Recreation is going to Camp Long to take part in the Challenge Ropes Course. If you have never done something like this before, you have to try it. Are you into trail running, kayaking, rock climbing, hiking, and looking for the next adventure? You do not have to be a physically top-notch athlete to participate, this is about teamwork. It is exciting and fun and you will find a part of yourself that you probably didn't know existed. If you're ready to test your inner self then sign up. This \$22 rate for 2.5 hours of amazing fun is a summer deal only, so take advantage of it while you can. **Following the course we will go out to lunch, on your own.**

SOUTHBOUND

149906 8/3 Wed 9:30 am-2:30 pm

### WALK: Ballard Locks

\$8

The Hiram M. Chittenden Locks, or Ballard Locks, is a complex of locks at the west end of Salmon Bay. The Ballard Locks carries more boat traffic than any other lock in the US. We will also enjoy viewing the fish ladder, and the surrounding Carl S. English, Jr. Botanical Gardens. **Lunch on your own nearby.**

SOUTHBOUND

149908 8/17 Wed 10 am-2 pm

### Seattle Aquarium

\$10

Come explore the region's premier resource for hands-on marine experiences and conservation education. The Seattle Aquarium offers fun, exciting ways to discover more about the amazing Puget Sound and a glimpse into the ocean underwater kingdom. **Lunch on your own nearby.**

SOUTHBOUND

149919 8/24 Wed 10:15 am-3 pm

### Evergreen State Fair

\$20

The Evergreen State Fairgrounds hosts the annual 12-day Evergreen State Fair every August through Labor Day. The fair is one of the largest events held annually in the Pacific Northwest and is the largest single attraction held in Snohomish County. Entrance fee included with registration. **Lunch on your own.**

SOUTHBOUND

149914 8/31 Wed 9 am-3 pm

# NORTHWEST

## Field Trips NW *continued*

**WALK: Snoqualmie Falls** \$22  
 Snoqualmie Falls is one of Washington state's most popular scenic attractions. At the falls, you will find a two-acre park, gift shop, observation deck, the Salish Lodge and the famous 270 foot waterfall. We will also drive down to the lower parking lot where participants have the option to walk along the boardwalk trail, including 20 stairs, to view the falls from below. **Lunch at the North Bend Bar and Grill \$\$, on your own.**  
**SOUTHBOUND**

149909 9/14 Wed 9 am-3 pm

## Special Event

**Progressive Picnic** \$20  
 Top off your summer with a fun day of exploring, enjoying, and learning about three of Seattle's major parks. You will enjoy a 'progressive picnic' including appetizers and drinks at Hiawatha Park, lunch at Lincoln Park and dessert at Camp Long. At each site there will be a history lesson on the park, live music, or opportunities for activity! **Transportation provided from each sector. Register with the barcode of your choice. Price includes a barbeque lunch!**

149918 9/12 Mon 10 am-4 pm

## Lunch Club NW

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 am. Lunch on your own.**

**Veggie Grill \$\$** \$8  
 Vegetarian cuisine located in Northeast Seattle in University Village, near other restaurant choices and a day of walking and shopping.

149910 7/13 Wed 11 am-2:30 pm

**Dim Sum in China Town \$\$** \$10  
 Enjoy dim sum, a style of Chinese Canton cuisine prepared as small bite-sized portions of food traditionally served in small steamer baskets or on small plates. We will also be stopping at Uwajimaya, an Asian style market.

149911 8/10 Wed 11 am-2:30 pm

**Maggie Bluffs \$\$** \$8  
 The iconic Seattle family-friendly restaurant experience! Enjoy the spectacular view of Puget Sound and classic American menu for dine-in or take-out. Located in the Elliott Bay Marina.

149912 9/7 Wed 11 am-2:30 pm

## 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.**

### **The Ultimate Gift**

PG 13 • 2006 • Drama •  
 A deceased billionaire leaves his spoiled adult grandson a series of odd tasks to perform in order to receive 'the ultimate gift,' with the resentful grandson having no idea what that might be.

149915 7/14 Thu 11:30 am-2 pm Loyal Heights

### **Waking Ned Divine**

PG 13 • 1998 • Comedy •  
 In a small town in Ireland, one person wins the lotto jackpot of nearly seven million pounds. When the town finds out the winner has passed away, they attempt to trick the Lottery into thinking he is still alive so they can claim the money. What they learn is the importance of friendship and the true value of money.

149916 8/11 Thu 11:30 am-2 pm Loyal Heights

### **The Big Year**

PG • 2011 • Comedy •  
 Starring Steve Martin, Owen Wilson, and Jack Black. Two bird enthusiasts try to defeat the cocky, cutthroat world record holder in a year-long bird-spotting competition.

149917 9/8 Thu 11:30 am-2 pm Loyal Heights

## Helping Hands-Food Lifeline

**Helping Hands - South Park Food Lifeline** Free  
 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 am, Ballard at 9:05 am.

*Please call Jayla at 206-233-7138 with your pickup site.*

149903 8/9 Tue 9:05 am-2:15 pm

149905 9/6 Tue 9:05 am-2:15 pm

## STAFF

4554 NE 41st St. • Seattle, Washington 98105

Tel 206-684-4951 • Fax 206-684-4957 • TDD Only 206-684-4950

### Recreation 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

### Recreation Specialists:

#### **SOUTHEAST: Angela P. Smith**

206-684-7484 / [angelap.smith@seattle.gov](mailto:angelap.smith@seattle.gov)

Jefferson	3801 Beacon Av S, 98108	206-684-7481
Rainier	4600 38th Av S, 98118	206-386-1919
Rainier Beach	8825 Rainier Av S, 98118	206-386-1925
Van Asselt	2820 South Myrtle St, 98108	206-386-1921
Yesler	917 East Yesler Way, 98122	206-386-1245

#### **SOUTHWEST: Mary Dalzell**

206-935-2162 / [mary.dalzell@seattle.gov](mailto:mary.dalzell@seattle.gov)

Alki	5817 SW Stevens St, 98116	206-684-7430
Delridge	4501 Delridge Way SW, 98106	206-684-7423
Hiawatha	2700 California Av SW, 98116	206-684-7441
High Point	6920 34th Av SW, 98126	206-684-7422
South Park	8319 8th Av S, 98108	206-684-7451
Southwest	2801 SW Thistle St, 98112	206 684-7438

#### **CENTRAL: Carol Baxter-Clubine**

206-684-4240 and 206-233-7255 / [carol.baxter@seattle.gov](mailto:carol.baxter@seattle.gov)

Belltown	415 Bell St, 98121	206-684-7245
Garfield	2323 East Cherry St, 98122	206-684-4788
IDCCC	719 8th Av S, 98104	206-233-0042
Miller	330 19th Av E, 98112	206-684-4753
Montlake	618 East Calhoun St, 98112	206-684-4736
Queen Anne	1901 First Av W, 98119	206-386-4240

#### **NORTHEAST: Tamara Keefe**

206-386-9106 / [tamara.keefe@seattle.gov](mailto:tamara.keefe@seattle.gov)

Lake City	12531 28th Av NE, 98125	206 362-4378
Laurelhurst	4554 NE 41st St, 98105	206-684-7529
Magnuson Brig	6344 NE 74th St, Bldg 406, 98115	206-684-7026
Meadowbrook	10517 35th Av NE, 98125	206-684-7522
Northgate	10510 5th Av NE, 98125	206-386-4283
Ravenna-Eckstein	6535 Ravenna Av NE, 98115	206-684-7534

#### **NORTHWEST: Jayla McGill / Robert Bellm**

206-233-7138 / [jayla.mcgill@seattle.gov](mailto:jayla.mcgill@seattle.gov) / [rob.bellm@seattle.gov](mailto:rob.bellm@seattle.gov)

Ballard	6020 28th Av NW, 98107	206-684-4093
Bitter Lake	13035 Linden Av N, 98133	206-684-7524
Green Lake	7201 E Green Lk Dr N, 98115	206-684-0780
Loyal Heights	2101 NW 77th St, 98117	206-684-4052
Magnolia	2550 34th Av W, 98199	206-386-4235

#### **SOUND STEPS / 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)

## REGISTRATION

### 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.



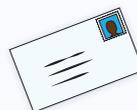
#### IN PERSON

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.

## 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 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.

## 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.





## Lifelong Recreation

4554 NE 41st Street  
Seattle, WA 98105

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# Citywide Events

## CHAMBERS BAY HIKE

\$15

This area offers stunning panoramas of Puget Sound, the Olympic Mountains, and a birds-eye view of Chambers Bay Golf Course, home of the 2015 US Open. 4 miles of trails, with an ADA option. Come join us on Monday 7/11!

*This is a joint Sound Steps and NE sector hike. See page 11 and 27 for pickup options, and register with the barcode of your choice.*

There are many fun opportunities to enjoy the outdoors with Seattle Parks and Recreation this summer, like the hike listed to the left. See page 11 for a complete list of our hikes!

## PROGRESSIVE PICNIC

\$20

Top off your summer with a fun day of exploring, enjoying, and learning about three of Seattle's major parks. You will enjoy a 'progressive picnic' including appetizers and drinks at Hiawatha Park, lunch at Lincoln Park and dessert at Camp Long. At each site there will be a history lesson on the park, live music, or opportunities for activity! **Transportation provided from each sector. Register with the barcode of your choice. Price includes a barbeque lunch!**

150115 9/12 Mon 10 am-4 pm

See pages 20, 23, 25, 26 and 29 for regional transportation.



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