

LIFELONG RECREATION

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



Seattle
Parks & Recreation

SPRING 2019
April 1-June 23



Register online:
seattle.gov/parks
March 5 at Noon



Come Play with Us!

Welcome to Lifelong Recreation!

SPRING Quarter 2019

April 1-June 23

No Programs and Facilities closed on:

- April 4 All Staff Meeting
- May 27 Memorial Day

No
Membership
Fees!

Registration begins at noon, March 5, 2019.

Detailed registration information is found on pages 50-51.



We offer lots of fun trips. Look inside for more details.



Cover photo:

There's no time like the present to learn to juggle, it's easier than you think! See page 13 for details!

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

FYI.....

You may notice some of our classes have increased in price. This is due to our quarter running for 12 weeks instead of 11 weeks.

E-Newsletter...

Receive the Lifelong
Recreation Newsletter!

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

ADA Upgrades

Upgrades at Green Lake, Southwest, Alki Beach Bathhouse, and Golden Gardens Bathhouse and comfort station are ongoing.

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facebook.com/LifelongRecreationSPR/

Seattle Parks Lifelong Recreation Staff



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

COMMUNITY CENTER LOCATIONS



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Northwest

Carol Baxter-Clubine, Recreation Specialist
206-233-7138 / cell 206-399-8561 / carol.baxter@seattle.gov

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

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

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

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17-23

Northeast

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

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

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

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

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Central

Angela P. Smith, Recreation Specialist
206-684-4240 / cell 206-450-9522 / angelap.smith@seattle.gov

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

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

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

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Southwest

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

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

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

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

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Southeast

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

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

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

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

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Signature Programs

Adult Sports
Jayson Powell:
206-684-7092
cell 206-295-2465
jayson.powell@seattle.gov

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

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

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

SENIOR AEROBICS				
Video Link: https://youtu.be/3RyasavedEE				
20117	Mon	10:30-11:30 a.m.	Queen Anne	\$45
15302	Mon	11:15 a.m.-12:15 p.m.	Northgate	\$50
15159	Tue	9:30-10:30 a.m.	Magnolia	\$50
15158	Thu	9:30-10:30 a.m.	Magnolia	\$45
ARTHRITIS EXERCISE PROGRAM				
17294	Wed	11:30 a.m.-12:30 p.m.	Queen Anne	\$50
17295	Fri	11:30 a.m.-12:30 p.m.	Queen Anne	\$50
BALLROOM DANCE				
18210	Tue	2-3 p.m.	Van Asselt	\$22
BODY CONDITIONING				
Video Link: https://youtu.be/mHL23iTXdQ8				
15323	Mon	9-10 a.m.	Rav-Eck	\$55
15324	Wed	9-10 a.m.	Rav-Eck	\$60
CHINESE DANCE: DROP-IN				
	Thu	10 a.m.-1 p.m.	IDCC	\$3/\$2
CIRCUIT TRAINING				
Video Link - Bitter Lake: https://youtu.be/JpJLEntLKAM				
Video Link - Queen Anne: https://youtu.be/Faj4Hn5-fR0				
18213	Mon	8-9 a.m.	Rainier	\$50
15056	Tue	9:30-10:30 a.m.	Loyal Heights	\$55
17300	Tue	9:30-10:30 a.m.	Queen Anne	\$55
17301	Tue	10:45-11:45 a.m.	Queen Anne	\$55
15057	Wed	9:30-10:30 a.m.	Loyal Heights	\$55
15055	Thu	9:30-10:30 a.m.	Loyal Heights	\$50
17302	Thu	9:30-10:30 a.m.	Queen Anne	\$55
17407	Thu	10:45-11:45 a.m.	Queen Anne	\$55
15054	Fri	10-11 a.m.	Bitter Lake	\$55



ENHANCE FITNESS				
17310	Mon	8-9 a.m.	Kaiser Perm.	\$50
15259	Mon	9-10 a.m.	Lake City	\$50
18225	Mon	9:15-10:15 a.m.	Rainier	\$55
17311	Mon	9:15-10:15 a.m.	Kaiser Perm.	\$50
17312	Mon	10:30-11:30 a.m.	Kaiser Perm.	\$50
15061	Mon	12:30-1:30 p.m.	Magnolia	\$55
17313	Mon	2-3 p.m.	Kaiser Perm.	\$50
17314	Mon	3:15-4:15 p.m.	Kaiser Perm.	\$50
17315	Tue	8-9 a.m.	Kaiser Perm.	\$55
15315	Tue	8-9 a.m.	Mag Brig	\$55
15366	Tue	9-10 a.m.	Mag Brig	\$55
17316	Tue	9:15-10:15 a.m.	Kaiser Perm.	\$55
17317	Tue	10:30-11:30 a.m.	Kaiser Perm.	\$55
15313	Tue	1:30-2:30 p.m.	Northgate	\$55
17318	Wed	8-9 a.m.	Kaiser Perm.	\$55
15258	Wed	9-10 a.m.	Lake City	\$55
18226	Wed	9:15-10:15 a.m.	Rainier	\$60
17319	Wed	9:15-10:15 a.m.	Kaiser Perm.	\$55
17320	Wed	10:30-11:30 a.m.	Kaiser Perm.	\$55
15062	Wed	12:30-1:30 p.m.	Magnolia	\$60
17321	Wed	2-3 p.m.	Kaiser Perm.	\$55
17322	Wed	3:15-4:15 p.m.	Kaiser Perm.	\$55
17323	Thu	8-9 a.m.	Kaiser Perm.	\$55
15368	Thu	9-10 a.m.	Mag Brig	\$55
17324	Thu	9:15-10:15 a.m.	Kaiser Perm.	\$55
17325	Thu	10:30-11:30 a.m.	Kaiser Perm.	\$55
15312	Thu	1:30-2:30 p.m.	Northgate	\$55
17326	Fri	8-9 a.m.	Kaiser Perm.	\$50
15260	Fri	9-10 a.m.	Lake City	\$55
15369	Fri	9-10 a.m.	Mag Brig	\$55
18227	Fri	9:15-10:15 a.m.	Rainier	\$60
17327	Fri	9:15-10:15 a.m.	Kaiser Perm.	\$55
17328	Fri	10:30-11:30 a.m.	Kaiser Perm.	\$55
15060	Fri	12:30-1:30 p.m.	Magnolia	\$60
17329	Fri	2-3 p.m.	Kaiser Perm.	\$55
17330	Fri	3:15-4:15 p.m.	Kaiser Perm.	\$55
EXERCISE TO IMPROVE BALANCE				
15291	Mon	10:30-11:20 a.m.	Meadowbrook	\$45
FABULOUSLY FIT				
15064	Mon	8-9 a.m.	Magnolia	\$55
15065	Wed	9-10:15 a.m.	Magnolia	\$73
15063	Fri	8-9 a.m.	Magnolia	\$60
FITNESS AT ALKI				
17588	Wed	10-11 a.m.	Alki	\$50
FITNESS ROOM FOUNDATION + MORE				
15310	Tue	11:30 a.m.-12:30 p.m.	Northgate	\$65
FIT PLUS				
15365	Thu	8-9 a.m.	Mag Brig	\$60
FUN FIT!				
15289	Tue	6-7 p.m.	Meadowbrook	\$65
15286	Thu	6-7 p.m.	Meadowbrook	\$65
ISO-RHYTHMIC CONDITIONING AND DANCE				
18238	Wed	1-2 p.m.	Jefferson	\$55

JUICY JOINTS - INTERMEDIATE

Video Link: <https://youtu.be/Jl3t5-3FhH4>

15074	Tue	9:05-10:05 a.m.	Bitter Lake	\$55
15072	Thu	9:05-10:05 a.m.	Bitter Lake	\$50

LINE DANCE

Video Link: <https://youtu.be/n4CVebDKpDg>

All Levels

17464	Tue	10:15-11:15 a.m.	Hiawatha	\$50
17466	Tue	6:30-7:30 p.m.	Alki	\$50
17339	Thu	6:15-7:15 p.m.	Queen Anne	\$50

Beginner

15142	Mon	Noon-1 p.m.	Bitter Lake	\$50
15356	Wed	12:45-1:30 p.m.	Mag Brig	\$42
18241	Thu	11:30 a.m.-12:30 p.m.	Van Asselt	\$45
15358	Thu	6:45-7:45 p.m.	Mag Brig	\$50

Advanced-Beginner

182734	Mon	10-10:45 a.m.	Bitter Lake	\$34
17465	Tue	9:30-10:15 a.m.	Hiawatha	\$40
15359	Tue	6:30-7:30 p.m.	Mag Brig	\$55
15357	Wed	11:45 a.m.-12:30 p.m.	Mag Brig	\$42
18240	Thu	12:30-1 p.m.	Van Asselt	\$23
18239	Fri	10-11 a.m.	Jefferson	\$50
15318	Fri	10-11 a.m.	Rav-Eck	\$55

Intermediate

15143	Mon	10:45-11:45 a.m.	Bitter Lake	\$50
15352	Wed	10-11 a.m.	Mag Brig	\$55
15355	Wed	11-11:45 a.m.	Mag Brig	\$42
18242	Thu	1-2 p.m.	Van Asselt	\$45

Drop-In Line Dance

	M/ F	11 a.m.-12:30 p.m.	IDCC	\$3/\$2
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MINDS IN MOTION

18899	Mon	2-3 p.m.	Miller	\$23
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NIA

17953	Tue	10:30-11:30 a.m.	Delridge	\$60
15274	Fri	10-11 a.m.	Meadowbrook	\$55

NIA MOVING TO HEAL

11914	Tue	Noon-1 p.m.	High Point	\$46
10232	Fri	11:15 a.m.-12:15 p.m.	Meadowbrook	\$55

PARKINSON'S PROGRAMS

Dance

17304	Thu	11 a.m.-12:30 p.m.	Garfield	Free
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PILATES

Video Link: <https://youtu.be/C6iGDgez3M>

15153	Mon	11:30 a.m.-12:30 p.m.	Loyal Heights	\$50
15317	Tue	11:30 a.m.-12:30 p.m.	Rav-Eck	\$60
15303	Wed	11:30 a.m.-12:30 p.m.	Northgate	\$60
15347	Thu	11:30 a.m.-12:30 p.m.	Mag Brig	\$55
16399	Thu	5-6 p.m.	Northgate	\$60
15157	Tue	11:30 a.m.-12:30 p.m.	Ballard	\$50
15156	Thu	11:30 a.m.-12:30 p.m.	Ballard	\$45

STABILITY TRAINING

15160	Tue	9:30-10:15 a.m.	Loyal Heights	\$55
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STRENGTH AND BALANCE CIRCUIT TRAINING

Tuesday Session 1: 4/2-4/30

15162	Tue	Noon-12:45 p.m.	Green Lake	\$22
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Tuesday Session 2: 5/7-5/28

15850	Tue	Noon-12:45 p.m.	Green Lake	\$18
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Thursday Session 1: 4/11-4/25

15161	Thu	Noon-12:45 p.m.	Green Lake	\$14
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Thursday Session 2: 5/2-5/30

15849	Thu	Noon-12:45 p.m.	Green Lake	\$22
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STRENGTH AND CONDITIONING

15342	Wed	7:45-8:45 a.m.	Mag Brig	\$60
15263	Fri	7:45-8:45 a.m.	Laurelhurst	\$60

CHAIR STRENGTH AND TONE

Video Link: https://youtu.be/Ujm9l1_5tnM

15053	Mon	1:30-2:15 p.m.	Bitter Lake	\$50
15180	Thu	1:30-2:15 p.m.	Bitter Lake	\$50

STRONG BY ZUMBA®

15163	Thu	5-5:45 p.m.	Loyal Heights	\$50
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TAI CHI AND QIGONG

Tai Chi

Video Link: <https://youtu.be/J82jluSOs5s>

All Levels

17597	Mon	10:30-11:30 a.m.	Montlake	\$50
17340	Mon	11:30 a.m.-12:30 p.m.	Montlake	\$50
17341	Tue	10-11 a.m.	Queen Anne	\$55
15264	Tue	11:45 a.m.-12:45 p.m.	Laurelhurst	\$55
18244	Tue	12:30-1:30 p.m.	Yesler	\$55
15265	Tue	12:45-1:45 p.m.	Laurelhurst	\$55
15269	Wed	5:30-6:30 p.m.	Meadowbrook	\$55
20010	Thu	10:30-11:30 a.m.	Miller	\$50
15165	Fri	11:30 a.m.-12:20 p.m.	Loyal Heights	\$55

Intermediate

20009	Mon	12:15-1:15 p.m.	Queen Anne	\$50
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Green Lake Session 1: 4/3-4/24

15166	Wed	11:30 a.m.-12:30 p.m.	Green Lake	\$18
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Green Lake Session 2: 5/1-5/29

15848	Wed	11:30 a.m.-12:30 p.m.	Green Lake	\$22
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Beginner

15271	Thu	12:45-1:45 p.m.	Meadowbrook	\$50
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Intermediate

15270	Thu	1:45-2:45 p.m.	Meadowbrook	\$50
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Beginner Wu

15298	Mon	1-2 p.m.	Northgate	\$50
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Intermediate Wu

15296	Mon	2-3 p.m.	Northgate	\$50
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Drop-In Tai Chi

	M/Th	9:30-10:30 a.m.	Rainier Beach	\$3
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Tai Chi Level 1

18090	Mon	11:30 a.m.-12:30 p.m.	High Point	\$50
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Tai Chi Level 2

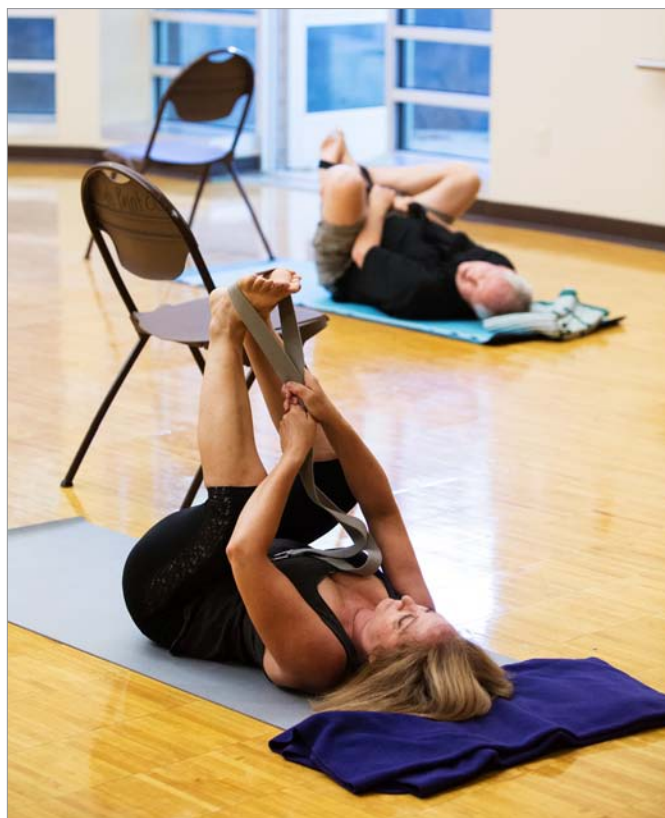
18080	Mon	10-11 a.m.	High Point	\$50
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"Tai Chi Chih®, Joy Through Movement"

19541	Mon	Noon-1 p.m.	Miller	\$45
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Tai Chi And Qigong				
All Levels				
15341	Wed	10:15-11:15 a.m.	Mag Brig	\$50
15300	Fri	2:30-3:30 p.m.	Northgate	\$55
Tai Chi And Qigong Introduction				
17955	Thu	1:15-2:15 p.m.	Delridge	\$50
Tai Chi and Qigong-Returning Students				
17954	Thu	12:15-1:15 p.m.	Delridge	\$50
Chair Qigong				
15154	Wed	Noon-1 p.m.	Bitter Lake	\$36
Qigong-Shibashi				
15155	Fri	12:30 a.m.-1:20 p.m.	Loyal Heights	\$55
TAP DANCE				
18091	Thu	12:30-1:30 p.m.	High Point	\$50
WHOLE BODY ADULT FITNESS				
18092	Fri	9:30-10:30 a.m.	High Point	\$55
WORLD BEAT DANCE AEROBICS				
15267	Wed	10:30-11:30 a.m.	Meadowbrook	\$55
15295	Thu	10:30-11:30 a.m.	Northgate	\$60
YOGA				
Chair Yoga				
15322	Tue	5:15-6:15 p.m.	Rav-Eck	\$55
15320	Thu	Noon-1 p.m.	Lake City	\$55
Gentle Yoga				
Video Link: https://youtu.be/-rbaj950AtE				
15284	Mon	9-10 a.m.	Meadowbrook	\$50
15069	Mon	10-11 a.m.	Loyal Heights	\$55
17311	Mon	10:30-11:30 a.m.	Miller	\$55
15261	Tue	8-9 a.m.	Laurelhurst	\$60
17334	Tue	8:15-9:15 a.m.	Montlake	\$60
17952	Tue	9:15-10:15 a.m.	Delridge	\$60
17332	Tue	9:30-10:30 a.m.	Montlake	\$60
15309	Tue	9:45-10:45 a.m.	Northgate	\$60
15364	Tue	10-11 a.m.	Mag Brig	\$55
20282	Tue	Noon-1 p.m.	Rainier	\$60
17938	Tue	1:30-2:30 p.m.	Miller	\$55
15281	Wed	9-10 a.m.	Meadowbrook	\$55
15070	Wed	9:30-10:30 a.m.	Bitter Lake	\$55
19667	Wed	11:30 a.m.-12:30 p.m.	Rainier	\$60
17418	Thu	8:15-9:15 a.m.	Montlake	\$60
17335	Thu	9:30-10:30 a.m.	Montlake	\$60
20107	Thu	9-10 a.m.	Garfield	\$60
15362	Thu	10-11 a.m.	Mag Brig	\$55
20283	Thu	Noon-1 p.m.	Rainier	\$55
17939	Thu	1:30-2:30 p.m.	Miller	\$60
15363	Thu	5:30-6:30 p.m.	Mag Brig	\$55
15319	Fri	9:30-10:30 a.m.	Rav-Eck	\$55
17600	Fri	10-11 a.m.	Queen Anne	\$60
15066	Fri	10:15-11:15 a.m.	Loyal Heights	\$60
18084	Fri	11 a.m.-Noon	High Point	\$60
15282	Sat	9-10 a.m.	Meadowbrook	\$55
Green Lake Monday Session 1: 4/1-4/29				
15067	Mon	10:15-11:15 a.m.	Green Lake	\$25
15068	Mon	11:30 a.m.-12:30 p.m.	Green Lake	\$25
Green Lake Monday Session 2: 5/6-5/20				
15845	Mon	10:15-11:15 a.m.	Green Lake	\$15
15846	Mon	11:30 a.m.-12:30 p.m.	Green Lake	\$15

Green Lake Wednesday Session 1: 4/3-4/24				
15071	Wed	1-2 p.m.	Green Lake	\$20
Green Lake Wednesday Session 2: 5/1-5/29				
15847	Wed	1-2 p.m.	Green Lake	\$25
Drop-In Gentle Yoga				
	Wed	3-4 p.m.	IDCC	\$3/\$2
Hatha Yoga				
17337	Mon	10-11 a.m.	Queen Anne	\$60
17338	Wed	11 a.m.-Noon	Queen Anne	\$60
Vini Yoga				
17342	Tue	11:30 a.m.-12:30 p.m.	Queen Anne	\$60
15168	Wed	10:30-11:30 a.m.	Ballard	\$55
15167	Fri	9:15-10:15 a.m.	Magnolia	\$60
17343	Fri	11 a.m.-Noon	Queen Anne	\$60
Vinyasa Yoga				
19665	Fri	6:30-7:30 p.m.	Jefferson	\$60
ZUMBA® GOLD				
Video Link: https://youtu.be/mzy3RR SfuQ				
20109	Mon	9:30-10:15 a.m.	Queen Anne	\$50
17590	Mon	10-11 a.m.	Alki	\$50
18248	Mon	11 a.m.-Noon	Jefferson	\$50
17591	Tue	10-11 a.m.	Alki	\$55
15172	Tue	10:30-11:30 a.m.	Loyal Heights	\$55
17345	Wed	9:30-10:15 a.m.	Queen Anne	\$55
15173	Wed	10:30-11:30 a.m.	Magnolia	\$55
15171	Thu	9:30-10:30 a.m.	Loyal Heights	\$50
17956	Thu	10-11 a.m.	Delridge	\$50
15170	Fri	10:30-11:30 a.m.	Magnolia	\$55
18249	Fri	11 a.m.-Noon	Jefferson	\$55
ZUMBA® GOLD TONING				
17602	Fri	12:15-1:15 p.m.	Queen Anne	\$55



ADULT SPORTS

Men's Doubles and Women's Doubles PICKLEBALL TOURNAMENT



Grab a partner and your paddle! Adult Sports is hosting a Men's Doubles and Women's Doubles Tournament on Saturday 4/6. Matches are played with the best 2 out of 3 games to 11 points.

If you are interested in participating as a team or individual, contact the Jayson Powell at the phone number listed below.

When: Saturday, 4/6, 10 a.m.-3 p.m.

Where: Rainier CC, 4600 38th Av S, Seattle 98118

Cost: \$20 Team/\$11 Individual

Registration deadline: 3/22

For information about any Adult Sports visit our website at:

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

or contact Jayson Powell at:

206-684-7092, cell 206-295-2465,

email: jayson.powell@seattle.gov.

Come work out at our Drop-In Fitness Centers

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

OUR FITNESS CENTERS ARE NOW FREE!

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

Drop-In Sports at a Glance

Drop-In Pickleball (all levels unless noted) Free

NORTHWEST			
Mon	11 a.m.-1 p.m.		Magnolia
Tue	9:30-11:30 a.m.		Ballard
T/F	10 a.m.-1 p.m.		Bitter Lake
Wed	6:30-8:30 p.m.	½ gym	Ballard
Thu	6-8:45 p.m.		Green Lake
Thu	6:45-8:45 p.m.		Bitter Lake
Fri	Noon-2 p.m.		Loyal Heights
Sat	11 a.m.-2 p.m.		Green Lake

NORTHEAST			
M/W	10 a.m.-1 p.m.		Rav-Eck
M/F	11 a.m.-2 p.m.		Northgate
Tue	6-8 p.m.		Northgate
T/Th	Noon-2 p.m.		Meadowbrook
Wed	11 a.m.-1:30 p.m.		Northgate
Thu	9 a.m.-Noon		Magnuson
Fri	11:30 a.m.-2 p.m.	Int/Adv	Rav-Eck

CENTRAL			
Mon	10:15 a.m.-1:15 p.m.		Miller
Mon	6-8:45 p.m.	Int/Adv	IDCC
Wed	11 a.m.-1 p.m.		Queen Anne
Fri	10 a.m.-Noon		Miller

SOUTHWEST			
Mon	9:30-11:30 a.m.		Delridge
Mon	10-11 a.m.		High Point
Mon	6-8 p.m.	Starts 4/8	High Point
M/W/F	10 a.m.-1:30 p.m.		South Park
T/Th	Noon-2 p.m.	Closed 4/11	Delridge
Wed	10 a.m.-Noon		Delridge
Wed	10 a.m.-Noon		High Point
Fri	10 a.m.-Noon		Hiawatha

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

Drop-In Table Tennis Free

NORTHWEST			
Fri	6-9 p.m.		Green Lake

NORTHEAST			
W/F	5-8:30 p.m.		Lake City

CENTRAL			
T/F	10:30 a.m.-1:30 p.m.		Garfield
Tue	3:30-5:30 p.m.		IDCC
Fri	2:30-5 p.m.		IDCC

SOUTHWEST			
Fri	10 a.m.-Noon		High Point

Drop-In Volleyball Free

SOUTHWEST			
T/Th	10 a.m.-Noon		Delridge



Green Lake Small Craft Center & Mt. Baker Sailing and Rowing offer beginner boating classes!

NEW! Active Adults (50+) Program Kayak Conditioning in 2019!

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



Seattle
Parks & Recreation



Let us help you get your feet wet!

POOLS - YEAR-ROUND INDOOR

Ballard Pool	206-684-4094
1471 NW 67th St.	
Evans Pool	206-684-4961
7201 E Green Lake Drive N	
Helene Madison Pool (closed 5/20-10/6)	206-684-4979
13401 Meridian Ave. N	
Meadowbrook Pool (closed until 5/6)	206-684-4989
10515 35th Ave. NE	
Medgar Evers Pool (closed until 5/12)	206-684-4766
500 23rd Ave.	
Queen Anne Pool	206-386-4282
1920 1st Ave. W	
Rainier Beach Pool	206-386-1925
8825 Rainier Ave. S	
Southwest Pool (closed 4/27-5/26)	206-684-7440
2801 SW Thistle St.	

Wellness Aquatic Activities

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

Lap Swim

Adult Swim

Senior Swim

Women Only Swim

Shallow Water Fitness

Deep Water Fitness

Hydro-Fit

Stretch N Flex*

AquaZumba

Adult Swim Lessons

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





Carol Baxter-Clubine
Northwest
Recreation Specialist

206-233-7138 / cell 206-399-8561
carol.baxter@seattle.gov

SCHOLARSHIPS

The scholarship cycle runs 6/23/2018-6/2019. Apply early to have your application approved prior to spring registration on 3/5. See page 50 for details.

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 50. For accommodation requests, please call 206-386-9094.

TRIPS

Departure Site Request:

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

TRIPS

DEPARTURE SITES

Ballard Community Center

6020 28th Ave. NW—
south of bldg, angled parking lot

Bitter Lake Community Center

13035 Linden Ave. N—
north parking lot at street level

DEPARTURE TIMES

SOUTHBOUND TRIPS:

Bitter Lake: 20 minutes before time listed.

Ballard: at time listed.

NORTHBOUND TRIPS:

Ballard: 20 minutes before time listed.

Bitter Lake: at time listed.

BACK IN MOTION

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

GENERATIONS AGING WITH PRIDE

We are working in partnership with "Generations Aging with Pride" (visit <http://gapseattle.org/>), a non-profit organization providing services for LGBTQ older adults and their families. Classes are noted by rainbow colors on the class number line.

SHAPE UP

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

FIELD TRIPS

Trips depart rain or shine. Trips that involve a hike are on varied terrain, and difficulty is marked by hiking boots—see rating chart on page 42. Be prepared for wet or muddy trails with appropriate clothing and footwear. Bring snacks/lunch unless otherwise noted.

Nordic Heritage Museum

\$27

Explore the new Nordic Heritage Museum on a guided tour. Learn about the Vikings story, the art, and culture that came from the Nordic region. *Stay after to enjoy lunch, on your own, at the museum in the Freya Café where you can indulge in Scandinavian treats.* Registration fee includes admission.

Southbound

16006 4/10 Wed 9:50 a.m.-1:15 p.m.

Register online at www.seattle.gov/parks

Seattle Public Utilities

\$25

Learn more about Seattle Public Utilities, from water to electricity to the dump, as we tour the Cedar River Watershed Environmental Facility to learn about drinking water and the environment. Next, head to the remodeled North Transfer Station to see how our waste is managed and where it goes. *Lunch on your own.*

Northbound

16018 4/24 Wed 8:45 a.m.-3:30 p.m.

Spring Quarter April 1-June 23

FIELD TRIPS

Olympic Game Farm

\$68

Admire bears, bison, zebras, elk, yaks, deer, and llamas as you drive through this wildlife exhibit near Sequim. Some come right up to the vehicles. You may bring whole wheat bread to feed, no other bread is allowed. Admission is included in registration fee. *Lunch on your own following.*

Northbound

16576 5/15 Wed 8:30 a.m.-4 p.m.

Meadowdale Beach Hike



\$25

A moderate hike that is 2.2 miles round trip. The views of the Olympics at the beach are worth the effort. Coming back the trail is moderately uphill with a few short and steep sections. *Pack a sack lunch to enjoy down on the beach.*

Northbound

16019 5/29 Wed 10:30 a.m.-3 p.m.

Ed Hume Educational Garden Tour

\$25

Tour Ed Hume's Education Garden located by Puyallup. There are 14 specialty gardens to view as well as art displayed through out. *Lunch on your own following.*

Northbound

16592 6/6 Thu 8 a.m.-3:05 p.m.

Lunch Club

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

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

Claim Jumper \$\$

\$18

Casual dining.

Northbound

15145 4/17 Wed 11 a.m.-2:30 p.m.

China Harbor \$-\$\$

\$10

Authentic Chinese.

Southbound

15144 5/22 Wed 11 a.m.-2:30 p.m.

Skuttlebutt Brewery and Restaurant \$-\$\$

\$18

Northwest pub fare.

Northbound

15146 6/12 Wed 11 a.m.-2:30 p.m.

SOCIAL PROGRAMS

Games

Drop-In Bridge

Free

Enjoy a game of bridge.

Wed 9 a.m.-Noon
Thu 1:30-4:30 p.m.

Magnolia
Bitter Lake



Meet some new friends in our programs!

Movies

Lunch and a Movie at Loyal Heights \$10/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 Wife

R | 1 h 40 min | Drama

A wife questions her life choices as she travels to Stockholm with her husband, where he is slated to receive the Nobel Prize for Literature.

13547 4/11 Thu 11:30 a.m.-2 p.m. Loyal Heights

RBG

PG | 1 h 38 min | Documentary

The exceptional life and career of U.S. Supreme Court Justice Ruth Bader Ginsburg, who has developed a breathtaking legal legacy while becoming an unexpected pop culture icon.

13548 5/9 Thu 11:30 a.m.-2 p.m. Loyal Heights

Instant Family

PG-13 | 1 h 58 min | Comedy

A couple find themselves in over their heads when they adopt three children.

15175 6/13 Thu 11:30 a.m.-2 p.m. Loyal Heights

ARTS AND HANDWORK

Drop-In Adult Watercolor Free
Bring your supplies and join others to create your own project.

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

Watercolor at Magnolia \$85
Bring your paints, brushes, and joy of painting. An instructional demonstration is done after each lesson. All skill levels welcome.

15169 4/8-6/17 Mon 9:30 a.m.-12:30 p.m. S Kahler Magnolia

LIFELONG LEARNING

Juggling—Beginning and Intermediate \$30
Juggling may seem impossible to most, but we will break this down into easy steps to build your skills, or if continuing on, advance your skills. You will also learn about all the different types of juggling. Some are done individually and others in pairs. Most juggling exercises are quite simple. This will be a fun learning experience! Why not give it a try, you might be the next big hit at the party!

17287 4/1-6/3 Mon 1-2 p.m. Loyal Heights



Learn to juggle, come to our class to see what it's all about!

Register online at www.seattle.gov/parks

Meditation Free
Learn how to meditate, calm your mind, open your heart, and empower yourself. Join Mari Chin in this class designed for everyone wanting to bring peace and happiness into their lives. All are welcome.

15147 4/12-5/3 Fri 1:30-2:30 p.m. M Chin Bitter Lake
15148 5/10-5/31 Fri 1:30-2:30 p.m. M Chin Bitter Lake

Stroke Awareness/Hands-Only CPR Free
Learn about hands-only CPR and how to recognize the signs of a stroke. Brought to you by King County EMS.

16015 4/3 Wed 1:30-2:30 p.m. Magnolia
16005 5/10 Fri 1:30-2:30 p.m. Ballard

Aging Mastery Program \$15
Aging Mastery is a program developed by the National Center on Aging and is a fun, innovative and person-centered program that empowers participants to develop their own plan for aging well. In this 10-week comprehensive program experts in their fields will help you focus on key aspects of health, finance, relationships, personal growth, and community involvement. Limited space available!

17058 4/8-6/17 Mon 9:30-11:30 a.m. Bitter Lake

Debbie Dimitre as Bertha Knight Landis \$15
Our dearly loved storyteller Debbie Dimitre is back to present her newest character, Bertha Knight Landis, the first woman mayor for Seattle. Light refreshments will be served.

16020 5/23 Thu 11 a.m.-Noon Loyal Heights

VOLUNTEER



Helping Hands Food Lifeline Free
Help feed the hungry. We spend two hours of simple, non-strenuous work re-packing food. Bring your lunch for afterward. Wear closed-toe shoes.

Departure sites: Ballard at 8:30 a.m., Bitter Lake at 8:50 a.m.
Please call 206-233-7138 with your departure site.

13544 4/16 Tue 8:50 a.m.-1:30 p.m. South Park
13545 5/21 Tue 8:50 a.m.-1:30 p.m. South Park
13546 6/18 Tue 8:50 a.m.-1:30 p.m. South Park

DROP-IN SPORTS

Drop-In Pickleball

All Levels

Mon	11 a.m.-1 p.m.	Magnolia	Free
Tue	9:30-11:30 a.m.	Ballard	
T/F	10 a.m.-1 p.m.	Bitter Lake	
Wed	6:30-8:30 p.m. (½ gym)	Ballard	
Thu	6-8:45 p.m.	Green Lake	
Thu	6:45-8:45 p.m.	Bitter Lake	
Fri	Noon-2 p.m.	Loyal Heights	
Sat	11 a.m.-2 p.m.	Green Lake	

Pickleball Skills

\$25

Learn the basics of this popular sport, or brush up on your skills. This class is designed for beginning or intermediate players.

15152*	Fri	10:30 a.m.-Noon	M Anderson	Loyal Heights
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Drop-In Table Tennis

Free

Fri	6-9 p.m.	Green Lake
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FITNESS CLASSES

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

Aerobics and Dance

Senior Aerobics

Relieve your stress with an upbeat fitness class. Aerobics can improve your heart rate, blood pressure, and breathing. *Tuesday class begins 4/2, no class 4/9. Thursday class begins 4/18.*

15159	Tue	9:30-10:30 a.m.	S Dutro	Magnolia	\$50
15158	Thu	9:30-10:30 a.m.	S Dutro	Magnolia	\$45

Fabulously Fit

Learn how to improve endurance, strength, agility, core, balance, flexibility, and range of motion. Wednesday's class has an extra 15 minutes for strength training.

15064	Mon	8-9 a.m.	K Adolphsen	Magnolia	\$55
15065	Wed	9-10:15 a.m.	K Adolphsen	Magnolia	\$73
15063	Fri	8-9 a.m.	K Adolphsen	Magnolia	\$60

Juicy Joints Aerobics—Intermediate

Learn fluid, stretchy movements that get your heart going, build your balance, and make your joints juicier! Second half includes toning with free weights and exercise for injury prevention. *Thursday class begins 4/11.*

15074*	Tue	9:05-10:05 a.m.	J Rayer	Bitter Lake	\$55
15072*	Thu	9:05-10:05 a.m.	J Rayer	Bitter Lake	\$50

Line Dance

\$50

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

Beginner

15142*	Mon	Noon-1 p.m.	M Chen	Bitter Lake
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Intermediate

15143*	Mon	10:45-11:45 a.m.	M Chen	Bitter Lake
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Strong by Zumba®

STRONG by Zumba is a high-energy, non-dance workout. The class combines cardio, strength training, and muscle endurance movements synced to original music. In a 45 minute class you will burn calories while toning arms, legs, abs, and glutes. Moves include lunges, squats, and kickboxing as well as abdominal work on the floor. Modifications to movements will be demonstrated for less intensity. *Class begins 4/11.*

15163*	Thu	5-5:45 p.m.	D O'Neill	Loyal Heights	\$50
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Zumba® Gold

Ditch the workout, join the party! Fun is the key ingredient to this low impact Latin inspired dance fitness class. No rhythm required. Try a class and leave happy! *Thursday class begins 4/11.*

15172*	Tue	10:30-11:30 a.m.	D O'Neill	Loyal Heights	\$55
15173	Wed	10:30-11:30 a.m.	M Jorgensen	Magnolia	\$55
15171*	Thu	9:30-10:30 a.m.	D O'Neill	Loyal Heights	\$50
15170	Fri	10:30-11:30 a.m.	M Jorgensen	Magnolia	\$55

FREE DEMO CLASSES

Strong by Zumba®

It's a high energy, non-dance, strength training workout—come and find out if this class is right for you!



When: March 21 and 28, 5-5:30 p.m.

Where: Loyal Heights Community Center

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

FITNESS CLASSES

Strength and Conditioning

Chair Strength and Tone \$50

Strengthen and tone all muscle groups for improved health and fitness in this low-level fitness class. Great for those who are just starting an exercise regimen, or those who need to stay fit, but need the security of a chair. *Thursday class begins 4/11.*

NEW on Thursdays.

15053*	Mon	1:30-2:15 p.m.	D Dragovich	Bitter Lake
15180*	Thu	1:30-2:15 p.m.	D Dragovich	Bitter Lake

Circuit Training

Become a stronger you! Circuit training strengthens your major muscle groups as you rotate among training stations. *Thursday class begins 4/11.*

15056*	Tue	9:30-10:30 a.m.	R Buyce	Loyal Heights	\$55
15057*	Wed	9:30-10:30 a.m.	R Buyce	Loyal Heights	\$55
15055*	Thu	9:30-10:30 a.m.	R Buyce	Loyal Heights	\$50
15054*	Fri	10-11 a.m.	R Buyce	Bitter Lake	\$55

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. *Free to Kaiser Permanente members with Part B Medicare coverage. Register in person or over the phone for all enhance fitness classes. Online registration is not available for KP members or Silver and Fit members, please register in person or over the phone.*

15061	Mon	12:30-1:30 p.m.	K Adolphsen	Magnolia	\$55
15062	Wed	12:30-1:30 p.m.	K Adolphsen	Magnolia	\$60
15060	Fri	12:30-1:30 p.m.	K Adolphsen	Magnolia	\$60

SAIL—Stay Active and Independent for Life

Improve your strength and balance with the SAIL program. Performing exercises that improve strength, balance, and fitness are the single most important activity that adults can do to stay active and reduce their chance of falling. Exercises can be done seated or standing. *Thursday class begins 4/18. No class Tuesday 4/9.*

15157	Tue	11:30 a.m.-12:30 p.m.	S Dutro	Ballard	\$50
15156	Thu	11:30 a.m.-12:30 p.m.	S Dutro	Ballard	\$45

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

Stability Training \$55

Stability Training is designed to enhance physical skills for the activities of daily living. Class goals include increasing coordination, balance, agility, and mobility. Equipment used in class includes step risers, agility ladders, stability balls, resistance bands, and yoga blocks. Personal benefits include specific training in fall prevention, and increased confidence to pursue additional physical activities such as walking, dancing, or hiking.

15160 *	Tue	9:30-10:15 a.m.	Loyal Heights
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Strength and Balance Circuit Training

Improve strength and balance through metabolic training exercises with short rest periods. Modifications will be provided to accommodate joint-challenged and beginners. Please bring a towel.

Tuesday Session 1: 4/2-4/30

15162	Tue	Noon-12:45 p.m.	M Velasco	Green Lake	\$22
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Tuesday Session 2: 5/7-5/28

15850	Tue	Noon-12:45 p.m.	M Velasco	Green Lake	\$18
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Thursday Session 1: 4/11-4/25

15161	Thu	Noon-12:45 p.m.	M Velasco	Green Lake	\$14
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Thursday Session 2: 5/2-5/30

15849	Thu	Noon-12:45 p.m.	M Velasco	Green Lake	\$22
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Come to our **SAIL** class to improve your strength, balance, and fitness for life!

FITNESS CLASSES

Tai Chi and Qigong

Tai Chi

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

All Levels

15165* Fri 11:30 a.m.-12:20 p.m. C Tan Loyal Heights \$55

Green Lake Session 1: 4/3-4/24

15166 Wed 11:30 a.m.-12:30 p.m. E Baxa Green Lake \$18

Green Lake Session 2: 5/1-5/29

15848 Wed 11:30 a.m.-12:30 p.m. E Baxa Green Lake \$22

Chair Qigong

\$36

Come experience gentle, meditative movements while seated on a chair. With this qigong (pronounced "chee gong") you will improve circulation, loosen up your body, and feel more energized and cheerful as you balance your qi (vital life-force energy). Students report leaving class feeling better and enjoy enhanced well-being—physically, mentally, and emotionally! No experience is required for this class. All movements can be modified to meet the needs of each person's physical needs. *Class runs 4/17-5/29.*

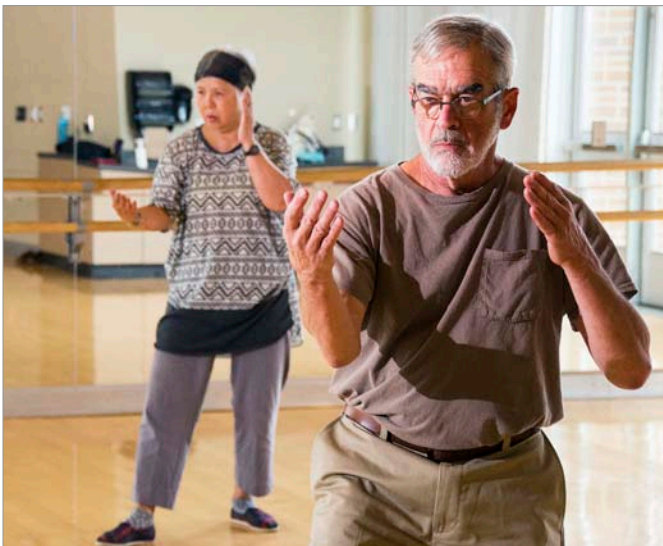
15154* Wed Noon-1 p.m. C Tan Bitter Lake

Qigong-Shibashi

\$55

A simple, easy to learn system, with graceful, flowing movements. It enhances circulation and respiration and helps balance the forces of 'yin' and 'yang'. The 18 movements are easy to learn and highly effective.

15155* Fri 12:30-1:20 p.m. C Tan Loyal Heights



Now's the time to try some Tai Chi and Qigong!

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

Yoga and Pilates

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

Yoga

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



Get stretching and moving with us in yoga!

Gentle Yoga Wednesday class ends 6/12.

15069*	Mon	10-11 a.m.	J Steidl	Loyal Heights	\$55
15070*	Wed	9:30-10:30 a.m.	H Mair	Bitter Lake	\$55
15066*	Fri	10:15-11:15 a.m.	J Green	Loyal Heights	\$60

Gentle Yoga at Green Lake

Mondays Session 1: 4/1-4/29

15067	Mon	10:15-11:15 a.m.	S Dwyer	Green Lake	\$25
15068	Mon	11:30 a.m.-12:30 p.m.	S Dwyer	Green Lake	\$25

Mondays Session 2: 5/6-5/20

15845	Mon	10:15-11:15 a.m.	S Dwyer	Green Lake	\$15
15846	Mon	11:30 a.m.-12:30 p.m.	S Dwyer	Green Lake	\$15

Wednesdays Session 1: 4/3-4/24

15071	Wed	1-2 p.m.	S Dwyer	Green Lake	\$20
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Wednesdays Session 2: 5/1-5/29

15847	Wed	1-2 p.m.	S Dwyer	Green Lake	\$25
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Vini Yoga No Wednesday class 4/10.

15168	Wed	10:30-11:30 a.m.	A Mason	Ballard	\$55
15167	Fri	9:15-10:15 a.m.	L Dunbar	Magnolia	\$60

Pilates

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

15153* Mon 11:30 a.m.-12:30 p.m. D Dragovich Loyal Heights \$50



Robin Brannman
Northeast
Recreation Specialist

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

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 50. For accommodation requests, please call 206-386-9094.

TRIPS

Departure Site Request:

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

TRIPS

DEPARTURE SITES AND TIMES

Magnuson Brig

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

Meadowbrook Community Center

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

Northgate Mall **Note location!**

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

SCHOLARSHIPS

The scholarship cycle runs 6/23/2018-6/2019. Apply early to have your application approved prior to spring registration on 3/5. See page 19 for events and 50 for details.

BACK IN MOTION

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

FIELD TRIPS

Trips depart rain or shine. Trips that involve a hike are on varied terrain, and difficulty is marked by hiking boots-see rating chart on page 42. Be prepared for wet or muddy trails with appropriate clothing and footwear. Bring snacks/lunch unless otherwise noted.

Tulips and More

\$35

Nothing says spring is here more than the Tulip Festival. Visit Roozengaarde to view a wonderful tulip display, have lunch at The Farmhouse, and then stop at Snow Goose Produce before heading back. Admission to Roozengaarde included. *Lunch on your own.*

15498 4/8 Mon 9:30 a.m.-3:30 p.m.

Spring Musical

\$25

Blanchet Spring Musical at Moore Theatre. Enjoy seeing the results of the hard work of the music students, crew, and cast as they perform Stephan Schwartz's *Working! Working!* takes a look at the unsung heroes in our community—truck drivers, flight attendants, mill-workers, couriers, teachers, and others. Bring a snack if you need it. *Lunch not included this time, you may have time to visit a coffee shop before the show.*

15499 4/12 Fri 10 a.m.-3 p.m.

Taste of Camano

\$25

Camano Island has a lot to offer. Our adventure will take us to Matzke Fine Art and Sculpture Park, have lunch on the island, and then take in the beautiful scenery that Cama Beach and Camano Island State Park have to offer. *Lunch on your own.*

15500 4/22 Mon 9:30 a.m.-4:30 p.m.

Transit Adventure to Langley

\$5

Travel by public bus to Whidbey Island. Enjoy lunch and a walk-about in the town of Langley. Leader Scott will guide us to Langley on Whidbey Island using Public Transportation. Take notes so you and a friend can travel the same route later! Meet at the Northgate Transit Center at the Information Kiosk. *Lunch on your own.*

15501 5/6 Mon 9 a.m.-4 p.m.

FIELD TRIPS

Wild Horse Wind Farm and Lunch \$45

Join us for a beautiful spring drive and tour of the Wild Horse Wind and Solar Facility located 16 miles east of Ellensburg. Enjoy a close-up view of the 149 wind turbines, explore the diverse education displays, learn about wind and solar technology, as well as the areas unique natural history. After, we will walk on outdoor trails with a 360 degree view of Mount Rainier, Mount Adams, Mount Hood, and the Columbia River Basin. Boxed lunches included in the price.

15502 5/20 Mon 8 a.m.-6 p.m.

Strawberries and Tea \$35

First stop is Biringer Strawberry Farm in Arlington, then travel the back roads south for lunch/tea at Attic Secrets Tea Room in Marysville.

15503 6/10 Mon 9:30 a.m.-3 p.m.

Bellevue Zip Line \$125

Tap into your adventurous side as you soar through the forest on zip lines and walk across the two bridges in this 2.5-hour adventure high above Bellevue. Bring a light jacket and your cell phones for photos. All riders must be between 60 and 275 pounds. All riders must read and sign a waiver to join a tour. *Bring a sack lunch/snack.*

15504 6/17 Mon 9:30 a.m.-3 p.m.

NATURE WALKS AND EVENTS

Mindfulness in the Wetlands: Spring \$35

"Opening your Senses to Spring". Integrating elements of Mindfulness Meditation and Shinrin-Yoku (Japanese Forest Bathing), you will learn to calm your mind and open your senses to the wonders of spring while experiencing the wetlands in a whole new way. Taught by Mindful in the Wild team, psychotherapist Deborah Wilk, LMFT and naturopathic physician Jessica Hancock, ND.

Meet at the Promontory Point Environmental Learning Center accessed from the boat ramp parking area E1, then stroll slowly and mindfully through the wonderful wetlands. Map of Magnuson Park can be found at https://www.seattle.gov/Documents/Departments/ParksAndRecreation/Parks/Magnuson/magnuson_map.pdf.

15505 4/20 Sat 10:30 a.m.-Noon Magnuson

SPECIAL EVENTS

Chronic Pain and Cannabis: My Story \$5 or \$7 at the door

The goal of the workshop is for participants to hear about an effective alternative for managing pain. It will also be an opportunity for Richard to dispel myths about cannabis, answer questions and open the floor for people to discuss their concerns, etc. Richard's been making presentations at local Senior Centers and for private groups and is interested in connecting with us to spread the word in a different venue of sorts.

16296 4/29 Mon 1-3 p.m. Mag Brig

Women Who Fly Free

Whether or not you have flown in a small plane or have always wondered what it would be like to fly in one, join us and listen to stories of one who has piloted small aircraft on land and sea. Learn about air races, the women who flew them, and the camaraderie of those who fly. Hear about fun books to read, and The Ninety-Nines, Inc., the International Organization of Women Pilots who promote advancement of aviation through education, scholarships and mutual support while honoring our unique history and sharing our passion for flight.

16082 5/16 Thu 1-2:30 p.m. University Library



Join us for a nature walk or field trip, or both!

SOCIAL PROGRAMS

Book Clubs

Laurelhurst Book Club

Free

Meets the third Wednesday each month. Pick up the latest book at Laurelhurst CC. Meets: 4/17, 5/15, and 6/19.

15262 Wed 1-2 p.m. Laurelhurst

Meadowbrook Book Club

Free

Meets the third Thursday each month. Pick up the latest book at Meadowbrook CC. Meets: 4/18, 5/16, and 6/20.

15278 Thu 11 a.m.-Noon Meadowbrook



Enjoy reading? Come to a book club!

Games

Ancient Games

Free

Gather with friends to enjoy historically inspired, strategy, tabletop games.

1st and 3rd Wed 6-8:30 p.m. Lake City

Drop-In Bridge

Free

Play some bridge with friends. *If no dates noted, drop-in aligns with the quarter dates.*

All Levels

	Mon	9:30 a.m.-12:30 p.m.	Magnuson
4/23-6/18	Tue	9:30-11:30 a.m.	Lake City
5/7-6/18	Tue	2-4 p.m.	Northgate
4/26-6/14	Fri	10:30 a.m.-12:30 p.m.	Northgate

Intermediate/Advanced

Mon	1-4 p.m.	Northgate
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NEW Bridge Lessons

\$20

Beginning Bridge lessons. Class size is limited to 8 participants so register early.

15412 4/2-4/30 Tue 2-4 p.m. Northgate

Drop-In Canasta

Free

Drop-in and play canasta.

4/23-6/18	Tue	9:30-11:30 a.m.	Lake City
4/26-6/21	Fri	10:30 a.m.-12:30 p.m.	Meadowbrook

NEW Canasta Lessons

\$5

Canasta started in Uruguay and spread to the United States in the 1950s to become one of the most popular card games in the world. Class size is limited to 8 participants so register early.

15414	4/2-4/16	Tue	9:30-11:30 a.m.	Lake City
15415	4/12-5/3	Fri	10:30 a.m.-12:30 p.m.	Meadowbrook

Drop-In Mah Jongg

Free

Enjoy a round of Mah Jongg. *At Laurelhurst you must have basic knowledge of the game. If no dates noted, drop-in aligns with the quarter dates.*

	Tue	11 a.m.-2 p.m.	Laurelhurst
	Fri	11 a.m.-2 p.m.	Laurelhurst
4/4-4/25	Thu	11 a.m.-12:30 p.m.	Lake City
5/2-6/20	Thu	9:30 a.m.-1 p.m.	Lake City

Mah Jongg for Beginners

\$20

This class will introduce beginners to the basic rules and regulations of the game. Class size is limited to 5 participants so register early.

15257 4/4-4/25 Thu 9:30-11 a.m. J Graupner-Peters Lake City

Lunch Programs

Food and Fitness: East African

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

Tue	11 a.m.-1 p.m.	Northgate
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ARTS AND HANDWORK

Drop-In Crafting Group (16 and Older) Free
Open drop-in craft group. Bring your own supplies and craft alongside other inspired crafters: beading, sewing, scrapbooking, dyeing, etc. Chances are good that if you need help, you can find it for your individual projects, or at least a discussion! All welcome; sometimes we have snacks. This is not a class, there are no organized projects or themes, just crafting and discussions.

4/6,5/4,6/1 Sat 12:30-4 p.m. Meadowbrook

Guided Art Studio

What students are saying about Guided Art Studio:
"I love Brig Art Studio! I went all summer but had to take a break while teaching fall quarter at Bastyr. I can't wait to return. It is a great group of artists that truly support and inspire each other. Bean Fairbanks, <http://www.brigstudioartists.com/beanfairbanks.html>."

Unique opportunity to create your own body of artwork in this 4 hour, mentored studio class. All mediums are welcome and students must be able to work independently. Join this group of beginning to advanced artists. Individual and group critiques are given each class by the instructor, an experienced exhibiting artist. A must do class for any serious artist! Promote your work at shows and on their website www.brigstudioartists.com. Students are responsible for their own art supplies

15360	4/5-5/10	Fri	10 a.m.-2 p.m.	T Frazer	Magnuson	\$120
15361	5/17-6/14	Fri	10 a.m.-2 p.m.	T Frazer	Magnuson	\$100

Painting in Community \$40
Join others to paint in any water medium, using your own supplies. Registration required. *Class ends 6/11.*

15348	Tue	10 a.m.-Noon	Mag Brig
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Seattle Parks Sketchers \$6/\$12 w/waterbrush
Explore outdoor sketching using pencil, pen, and watercolor. All levels welcome. Spring and summer we offer instruction, fall and winter is a social, independent gathering group. Meets 2nd Thursday of each month. Spring quarter we will explore areas of Magnuson Park: April—meet in the lobby of the Brig, May—meet at Promotory Point Shelter, June—meet at the Wetlands. Contact Robin with questions at 206-386-9106. *Class begins 4/11.*

15379	Thu	1-3 p.m.	Varies
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Watercolor with Sandra at Magnuson \$85
Bring your paints, brushes, and joy of painting. A demonstration is taught after each lesson with instruction. All skill levels welcome.

15336	4/11-6/13	Thu	11 a.m.-2 p.m.	S Kahler	Mag Brig
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LIFELONG LEARNING

Write Your Life Story \$20
Write on your own and share what you've written in class. Small group, warm fellowship, comfortable environment to let your creative juices flow! *No class 4/8.*

15266	Mon	10 a.m.-12:30 p.m.	Meadowbrook
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ESL Conversation Tutoring Free
In this class, you will have the opportunity to improve your conversational skills. You will have the chance to practice conversation with each other using American informal speaking: even though some of this may be somewhat confusing! Learn American expressions, and slang. So, sign up for this class, and let's start talking!

15311	Tue	12:15-1:45 p.m.	M Malins Northgate
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Wednesday Forum Free
Exercise your thinking! This forum is a well established local discussion group. Lecture and discussion around local, regional, national and international current event concerns. Annual participation in the "Great Decisions" program of the Foreign Policy Association. Guest speakers are often featured, along with films and open mic sessions. *Bring a sack lunch.*

Wed	11 a.m.-1 p.m.	Mag Brig
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Radio Drama \$65
Create a recorded radio drama with Larry Albert, local actor and Radio voice of Harry Nile. You will learn some history of Old Time Radio, how to read scripts out loud, and explore your different voices. Larry, will show you how to build a character and how to become the character. The class culmination will be a recorded production that could be a Sherlock Holmes story, a comedy, or a story like one heard on Imagination Theatre.

15316	Wed	1-2 p.m.	L Albert Rav-Eck
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Creative Memoir Writing
Discover a gentle, supportive approach to writing. With prompts and tips, we will write first drafts together in 10-minute sessions, followed by positive feedback. *Class at Mag Brig ends 6/12.*

New at Mag Brig.

15314	Wed	11:30 a.m.-12:45 p.m.	A Peizer Mag Brig	\$67
16946	Fri	11:30 a.m.-12:45 p.m.	A Peizer Northgate	\$60

Medicare 101 Free
Learn Medicare basics, the different premiums and copays in the "Medicare and YOU" handbook, and discover how to spend less on healthcare while having more fun! *Meets 2nd and 4th Wednesday of each month.*

15307	Wed	11 a.m.-1 p.m.	J Yragui Northgate
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LIFELONG LEARNING

Debbie Dimitre as Bertha Knight \$15

Our dearly loved storyteller Debbie Dimitre is back to present her newest character, Bertha Knight Landis, the first woman mayor for Seattle. Light refreshments will be served.

16081 4/16 Tue 1-2:30 p.m. Mag Brig

Meditation Free

Join Mari Chin for these workshops designed for anyone wanting to bring peace and happiness into their lives through meditation and stress-free living. Learn how to meditate, calm your mind, open your heart, and empower yourself. Class size is limited, register early.

15275 4/17-5/8 Wed 10-11:30 a.m. M Chin Meadowbrook

15276 5/22-6/12 Wed 10-11:30 a.m. M Chin Meadowbrook

Stroke Awareness/Hands-Only CPR Free

Learn about hands-only CPR and how to recognize the signs of a stroke. Brought to you by King County EMS.

16016 5/10 Fri 5-6 p.m. Mag Brig

16017 6/6 Thu 12:30-1:30 p.m. Laurelhurst

Traditional Simple Indian Food \$15

Learn how to prepare healthy, simple, traditional Indian dishes. Examples of dishes you may learn to cook include curry, fried rice, papadum, naan, samosas, and rice. Class held second Saturday of the month: 4/13, 5/11, and 6/8.

15268 Sat 10:30 a.m.-Noon Meadowbrook

NEW Cooking Asian Food \$30 each/\$75 all 3 with Stacy

Learn how to cook amazing family Asian food with our instructor extraordinaire, Stacy.



Chinese Stir Fry

15857 4/26 Fri 11 a.m.-1 p.m. Northgate

Cooking Simple Sushi: California Hand Rolls

16859 5/24 Fri 11 a.m.-1 p.m. Northgate

Cooking Pad Thai (Thai stir fried rice noodle)

16860 6/21 Fri 11 a.m.-1 p.m. Northgate

Register online at www.seattle.gov/parks

NEW Seasons of Education: Spring Cleaning

Free

Join us for monthly talks from professionals. Talks will have a quarterly theme and be held the fourth Thursday of the month at rotating locations. No registration required.

Managing Your Move

Make your future move less daunting. Information will be shared on proven strategies for making a future move less overwhelming, and the current real estate market. Please call Lynn of Foundation House at 206-361-2758 if you have any questions or to reserve your space. Snacks and drinks served.

4/25 Thu 2-3 p.m. Foundation House

Declutter the Mind

Bring calm, peace and happiness into your life through meditative practices and stress free living. Learn about Shinrin-Yoki or Forest Bathing, from psychotherapist Deborah Wilk and owner of Mindfulness in the Wild. Learn and practice the physical benefits of meditation from expert Mari Chin. Calm your mind, open your heart, and empower yourself.

5/22 Thu 2-3 p.m. Mag Brig

Shine Well at Home

Living independently presents challenges as daily routines change with aging. One of them is practicing good nutrition and healthy eating habits. The burden of meal planning, shopping, cooking and cleaning can compromise plans to eat fresh, wholesome meals and enjoy quality dining time. Personal Chef JoAnne will discuss ways to make things easier when planning a meal, shopping or cooking for yourself.

6/27 Thu 2-3 p.m. Ballard Sr Ctr

DROP-IN SPORTS

Drop-In Pickleball

Free

All Levels

M/W	10 a.m.-1 p.m.	Rav-Eck
M/F	11 a.m.-2 p.m.	Northgate
Tue	6-8 p.m.	Northgate
T/Th	Noon-2 p.m.	Meadowbrook
Wed	11 a.m.-1:30 p.m.	Northgate
Thu	9 a.m.-Noon	Magnuson

Intermediate/Advanced

Fri 11:30 a.m.-2 p.m. Rav-Eck

Note: Subject to change during public school breaks.

Drop-In Table Tennis

Free

W/F 5-8:30 p.m. Lake City

SPORTS

NEW Tennis—All Levels \$70

Indoor tennis lessons. Work on technique in the gym before you head outside on the tennis courts. Get a head start on your backswing and short shots for summer session. *Noon-1 p.m. session is ages 18 and up.*

17054	4/6-5/18	Sat	Noon-1 p.m.	Rav-Eck
17053	4/6-5/18	Sat	1-2 p.m.	Rav-Eck

FITNESS CLASSES

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

Aerobics and Dance**Senior Aerobics** \$50

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

15302	Mon	11:15 a.m.-12:15 p.m.	Mish Mish	Northgate
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Line Dance

Work out your mind and body. Learn new dance patterns to all kinds of great music. *Thursday class ends 6/13.*

Beginner

15356	Wed	12:30-1:15 p.m.	L Reese	Mag Brig	\$42
15358	Thu	6:45-7:45 p.m.	D Hunsaker	Mag Brig	\$50

Advanced-Beginner

15359	Tue	6:30-7:30 p.m.	D Hunsaker	Mag Brig	\$55
15357	Wed	11:45 a.m.-12:30 p.m.	L Reese	Mag Brig	\$42
15318	Fri	10-11 a.m.	D Hunsaker	Rav-Eck	\$55

Intermediate

15352	Wed	10-11 a.m.	L Reese	Mag Brig	\$55
15355	Wed	11-11:45 a.m.	L Reese	Mag Brig	\$42

Nia \$55

Experience the joy of movement. Nia is inspired by jazz, martial arts, and yoga, and is set to soul-stirring music. *No class 4/12.*

15273	Fri	10-11 a.m.	N Scher	Meadowbrook
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Nia Moving to Heal \$55

Improve your balance, strength, and mobility. This gentle fitness class is designed for those with long-term or chronic illness and individuals with short-term personal healing goals. Taught to inspiring music with adaptable movements from dance, martial arts, and healing arts. Participants can stand, sit, or do a combination of both. *No class 4/12.*

15274	Fri	11:15 a.m.-12:15 p.m.	N Scher	Meadowbrook
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World Beat Dance Aerobics

Get fit and have fun while you exercise to music from around the world combining aerobics with movements inspired by flamenco, belly dance, Bollywood, line dance, and popular Latin moves. *No class Wednesday 4/10.*

15267	Wed	10:30-11:30 a.m.	Mish Mish	Meadowbrook	\$55
15295	Thu	10:30-11:30 a.m.	Mish Mish	Northgate	\$60

Strength and Conditioning**Body Conditioning**

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

15323	Mon	9-10 a.m.	C Lorenz	Rav-Eck	\$55
15324	Wed	9-10 a.m.	C Lorenz	Rav-Eck	\$60



Try a Strength and Conditioning class today!

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. *Free to Kaiser Permanente members with Part B Medicare coverage. Register in person or over the phone for all enhance fitness classes. Online registration is not available for KP members or Silver and Fit members, please register in person or over the phone.*

15259	Mon	9-10 a.m.	Mish Mish	Lake City	\$50
15315	Tue	8-9 a.m.	J Shearer	Mag Brig	\$55
15366	Tue	9-10 a.m.	J Shearer	Mag Brig	\$55
15313	Tue	1:30-2:30 p.m.	M Taplin	Northgate	\$55
15258	Wed	9-10 a.m.	C House	Lake City	\$55
15368	Thu	9-10 a.m.	J Shearer	Mag Brig	\$55
15312	Thu	1:30-2:30 p.m.	M Taplin	Northgate	\$55
15369	Fri	9-10 a.m.	Mish Mish	Mag Brig	\$55
15260	Fri	9-10 a.m.	C House	Lake City	\$55

Exercise to Improve Balance \$45

This exercise program will help you regain and improve your balance by working on core strength and routines which will support your balance for life. *Class begins 4/15.*

15291	Mon	10:30-11:20 a.m.	C Lorenz	Meadowbrook
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FITNESS CLASSES

Fitness Room Foundation + More \$65

Exercise with confidence, whether you've been exercising for years or have never been in a fitness room. Improve your strength, cardiovascular fitness, weight management, balance, and flexibility.

15310 Tue 11:30 a.m.-12:30 p.m. R Buyce Northgate

Fit Plus \$60

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

15365 Thu 8-9 a.m. J Shearer Mag Brig

Fun FIT! \$65

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

15289 Tue 6-7 p.m. M Tuliao Meadowbrook

15286 Thu 6-7 p.m. M Tuliao Meadowbrook

Strength and Conditioning \$60

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

15342 Wed 7:45-8:45 a.m. J Shearer Mag Brig

15263 Fri 7:45-8:45 a.m. J Shearer Laurelhurst

Tai Chi and Qigong

Tai Chi

Maintain and restore bone mass, equilibrium, and poise, while playfully exploring vital energy. *No class Thursday 4/11.*

All Levels

15264 Tue 11:45 a.m.-12:45 p.m. R Friedman Laurelhurst \$55

15265 Tue 12:45-1:45 p.m. R Friedman Laurelhurst \$55

15269 Wed 5:30-6:30 p.m. E Baxa Meadowbrook \$55

Beginner

15271 Thu 12:45-1:45 p.m. A Ross Meadowbrook \$50

Intermediate

15270 Thu 1:45-2:45 p.m. A Ross Meadowbrook \$50

Beginner Wu

15298 Mon 1-2 p.m. J Proebstel Northgate \$50

Intermediate Wu

15296 Mon 2-3 p.m. J Proebstel Northgate \$50

Tai Chi and Qigong

Relaxing, ancient, meditative qigong moves are combined with beginning steps of the original tai chi. *Class at Mag Brig ends 6/12.*

All Levels

15341 Wed 10:15-11:15 a.m. A Peizer Mag Brig \$50

15300 Fri 2:30-3:30 p.m. A Peizer Northgate \$55



Let's get moving in one of our Fitness classes

Yoga and Pilates

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

Chair Yoga \$55

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

New at Lake City.

15322	Tue	5:15-6:15 p.m.	D Bailey	Rav-Eck
15320	Thu	Noon-1 p.m.	H Mair	Lake City

Gentle Yoga

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, poise, and peace of mind. *No Meadowbrook class 4/8-4/12; last class at Mag Brig week of 6/10.*

15284	Mon	9-10 a.m.	H Mair	Meadowbrook	\$50
15261	Tue	8-9 a.m.	J Robin	Laurelhurst	\$60
15309	Tue	9:45-10:45 a.m.	F Marazzi	Northgate	\$60
15364	Tue	10-11 a.m.	J Robin	Mag Brig	\$55
15281	Wed	9-10 a.m.	J Robin	Meadowbrook	\$55
15362	Thu	10-11 a.m.	J Robin	Mag Brig	\$55
15363	Thu	5:30-6:30 p.m.	H Mair	Mag Brig	\$55
15319	Fri	9:30-10:30 a.m.	J Robin	Rav-Eck	\$60
15282	Sat	9-10 a.m.	H Mair	Meadowbrook	\$55

Pilates

Stabilize and strengthen your core and back, while improving your flexibility and posture. *Last class Thursday at Mag Brig 6/13.*

New evening class at Northgate.

15317	Tue	11:30 a.m.-12:30 p.m.	D Dragovich	Rav-Eck	\$60
15303	Wed	11:30 a.m.-12:30 p.m.	D Dragovich	Northgate	\$60
15347	Thu	11:30 a.m.-12:30 p.m.	D Dragovich	Mag Brig	\$55
16399	Thu	5-6 p.m.		Northgate	\$60



Angela P. Smith
Central
Recreation Specialist

206-684-4240 / cell 206-450-9522
anglap.smith@seattle.gov

SCHOLARSHIPS

The scholarship cycle runs 6/23/2018-6/2019. Apply early to have your application approved prior to spring registration on 3/5. See page 50 for details.

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 50. For accommodation requests, please call 206-386-9094.

TRIPS

Departure Site Request:

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

TRIPS

DEPARTURE SITES AND TIMES

Garfield CC—2323 E Cherry St.
Northbound: 30 minutes before time listed.

Southbound: at time listed.

IDCC—719 8th Ave. S
(International District
Chinatown CC)

May be available on request, call for times.

Miller CC—330 19th Ave. E
Northbound and Southbound:
15 minutes before time listed.

Queen Anne CC—1901-1st Ave. W
Northbound: at time listed.
Southbound: 30 minutes before time listed.

BACK IN MOTION

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

GENERATIONS AGING WITH PRIDE

We are working in partnership with "Generations Aging with Pride" (visit <http://gapseattle.org/>), a non-profit organization providing services for LGBTQ older adults and their families. Classes are noted by rainbow colors on the class number line.

FIELD TRIPS

Trips depart rain or shine. Trips that involve a hike are on varied terrain, and difficulty is marked by hiking boots-see rating chart on page 42. Be prepared for wet or muddy trails with appropriate clothing and footwear. Bring snacks/lunch unless otherwise noted.

Culinary Arts

\$10

Enjoy a delicious lunch at the highly regarded Seattle Central College where students prepare savory to sweet meals for the moderate palate. *Lunch priced separately and on your own.*

Southbound

17303 4/9 Tue 11 a.m.-2 p.m.

Lighthouse for the Blind

\$10

Discover the amazing work that occurs at Lighthouse for the Blind. This is a guided tour of an organization that creates opportunities for independence and self-sufficiency for people who are visually impaired in our community. *Lunch on your own in Columbia City.*

Southbound

18035 4/23 Tue 10 a.m.-12:30 p.m.

FIELD TRIPS

Glassy Baby

\$10

This company began when the light of a candle in hand-blown glass gave hope to Mrs. Rhodes. Hope helping her heal from cancer three times and inspiring a business devoted to giving hope, beauty, kindness, and millions of dollars to help people, animals, and our planet heal. We'll tour the glass blowing studio.

Southbound

17336 4/30 Tue 10 a.m.-2:30 p.m.

Seattle Museums

\$10

Explore our informative exhibits at Seattle's culturally rich museums, Wing Luke and the Northwest African American Museum. Two of our most famous Seattle icons are featured; Bruce Lee's "A Dragon Lives Here", and "Bold as Love: Jimmy Hendrix Lives Here". *Lunch on your own nearby.* Admission free.

Southbound

18042 5/2 Thu 10 a.m.-3 p.m.

Snoqualmie Casino and Outlets

\$18

It's known as Seattle's closest casino boasting games and great food options. Good luck and have fun! Just down the mountain, free time to shop at Northbend Outlets. *Lunch on your own.*

Southbound

18039 5/7 Tue 9:45 a.m.-3:30 p.m.

Seattle Chinese Garden Tour

\$10

The Seattle Chinese Garden not only showcases a variety of vegetation, but also stones, architecture, and water elements that are customary to their traditions. Enjoy a docent-led tour followed by lunch at South Seattle College. *Lunch on your own. Please bring \$5 suggested donation in cash.*

Southbound

18041 5/21 Tue 9:45 a.m.-2:30 p.m.

Franklin Falls Hike

\$18

Franklin Falls Trail is a 1.7-mile moderately trafficked out and back trail located near Snoqualmie Pass that features a waterfall and is good for all skill levels. *Bring a lunch.*

Southbound

20145 5/28 Tue 10 a.m.-2 p.m.

Ocean Shores

\$68

Travel by coach transportation to this coastal town for the day. Spend your free time at Quinault Beach Resort Casino, walking the beach, and exploring the seaside store front. *Lunch on your own.*

Garfield Community Center pick-up only.

20146 6/15 Sat 8:30 a.m.-6:30 p.m.



Come on a field trip with us!

Register online at www.seattle.gov/parks

Spring Quarter April 1-June 23

25

SOCIAL PROGRAMS

Games

Drop-In Bridge Free

Drop-In play for bridge players.

All Levels

Fri 1-4 p.m. Montlake

Intermediate

Tue 12:30-3:30 p.m. Queen Anne

Drop-In Mah Jongg Free

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

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

Senior Games Free

Come enjoy games and fun every Tuesday and Friday afternoon.

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

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

Lunch Programs

Food and Fitness: Korean and Vietnamese

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

Korean Tue 11 a.m.-12:30 p.m. Miller

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



Come to a Food and Fitness program and see what we get up to!

ARTS AND HANDWORK

Crafty Ladies

Free

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

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

Seasonal Watercolors

\$90

Paint seasonal topics in watercolors in this exploratory class. We will paint from life and photos, as well as talk about painting from your own reference material. What are the parameters for good photos, and how do you create your own painting from these aids without being a slave to merely reproducing the photo? This will be a casual class where the teacher will have time to help beginners with basic watercolor techniques while more advanced painters paint.

20006 4/10-5/8 Wed 1-4 p.m. S Waite Montlake

20008 5/15-6/12 Wed 1-4 p.m. S Waite Montlake



Block Printing for All

\$90

Whether you are a total beginner or have experience with the fun and easy medium of block printing, this class is for you. We will cover the basics of designing, cutting, registering, and printing of designs that you create in the easily carved Safety-Kut material. Create your own unique designs that can be used for holiday cards! Teacher has linoleum tools, plexiglass plates, brayers and Speedball inks for class use. Students need to supply carving blocks, printing papers, sketch book, pencil, black medium point Sharpie marker, tracing paper and any specially desired colored inks for their projects. Complete supply list suggestions available at registration. Teacher will bring some Safety-Kut blocks for purchase. Instructor Susan Waite has a BFA in painting and printmaking from Cornish College.

20002 4/11-5/9 Thu 11 a.m.-2 p.m. S Waite Montlake

Seniors Creating Art: Acrylic Painting Free

Acrylic paint can be used straight from the tube or it can be used with water or other mediums to appear like watercolor. We'll investigate both uses: thick, and thin, as we paint from photographs, objects, nature, mirrors, and each other (as models!). No experience necessary, just enthusiasm to learn and to have fun painting! Supplies included with registration.

20280 4/25-5/30 Thu 11 a.m.-1 p.m. Garfield

LIFELONG LEARNING

Readers Theater

\$25

The 50+ Readers Theatre has created public performances since 2004. No auditions are required, no memorization required, we read from a prepared script and bring our characters to life with our voices and with the assistance of our fellow actors. Our audience then lends us their imagination to create the scenes and the settings. It's a magical process with the actor bringing that character to life. It works every time. Come and join the fun.

20144 3/13-5/8 Wed 1-3 p.m. D Friedt Queen Anne

Stroke Awareness/Hands-Only CPR

Free

Learn about hands-only CPR and how to recognize the signs of a stroke. Brought to you by King County EMS.

18032 4/25 Thu 10-11 a.m. Queen Anne

18030 5/22 Wed 11 a.m.-Noon Garfield

DROP-IN SPORTS

Drop-In Pickleball

Free

All Levels

Mon 10:15 a.m.-1:15 p.m.

Wed 11 a.m.-1 p.m.

Fri 10 a.m.-Noon

Miller

Queen Anne

Miller

Intermediate/Advanced

Mon 6-8:45 p.m.

IDCC



Drop-In Table Tennis

Free

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

Tue 3:30-5 p.m.

Fri 2:30-5 p.m.

Garfield

IDCC

IDCC

**FREE and Open to All
Drop-In to the
Vietnamese Senior Association**

Tuesdays and Fridays

Line Dance 10-11 a.m.

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

Lunch possible with advance request and \$5.

FITNESS CLASSES

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

Aerobics and Dance

Senior Aerobics

\$45

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

20117

Mon 10:30-11:30 a.m. M Taplin Queen Anne

Drop-In Chinese Dance

\$3 (Age 65+ \$2)

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

Thu 10 a.m.-Noon

IDCC

Dance for Parkinson's

Free

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

17304

3/28-5/16 Thu 11 a.m.-12:30 p.m.

Garfield

Drop-In Line Dance

\$3 (Age 65+ \$2)

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

All Levels

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

IDCC

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

IDCC

Line Dance

\$50

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

All Levels

17339

Thu 6:15-7:15 p.m. C Banta Queen Anne

Zumba® Gold

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

17344

Mon 9:30-10:15 a.m. A Cifuentes Queen Anne \$50

17345

Wed 9:30-10:15 a.m. A Cifuentes Queen Anne \$55

Zumba® Gold Toning

Shake and sculpt your way to a health body! The dance party you love set to a slow pace and incorporating toning sticks, for low to moderate intensity strength training.

17602

Fri 12:15-1:15 p.m. D O'Neill Queen Anne \$55

FITNESS CLASSES

Strength and Conditioning

Arthritis Exercise Program \$50

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

17294	Wed	11:30 a.m.-12:30 p.m.	S Dwyer-Schick	Queen Anne
17295	Fri	11:30 a.m.-12:30 p.m.	S Dwyer-Schick	Queen Anne

Circuit Training \$55

Become a stronger you! Circuit training strengthens your major muscle groups as you rotate among training stations. *Classes begin the week of 4/9.*

17300	Tue	9:30-10:30 a.m.	C Lorenz	Queen Anne
17301	Tue	10:45-11:45 a.m.	C Lorenz	Queen Anne
17302	Thu	9:30-10:30 a.m.	C Lorenz	Queen Anne
17407	Thu	10:45-11:45 a.m.	C Lorenz	Queen Anne

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. *Free to Kaiser Permanente members with Part B Medicare coverage. Register in person or over the phone for all enhance fitness classes. Online registration is not available for KP members or Silver and Fit members, please register in person or over the phone.*

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

17310	Mon	8-9 a.m.	C Grekoff	Kaiser Perm.	\$50
17311	Mon	9:15-10:15 a.m.	C Grekoff	Kaiser Perm.	\$50
17312	Mon	10:30-11:30 a.m.	C Grekoff	Kaiser Perm.	\$50
17313	Mon	2-3 p.m.	G Keeble	Kaiser Perm.	\$50
17314	Mon	3:15-4:15 p.m.	G Keeble	Kaiser Perm.	\$50
17315	Tue	8-9 a.m.	C Grekoff	Kaiser Perm.	\$55
17316	Tue	9:15-10:15 a.m.	C Grekoff	Kaiser Perm.	\$55
17317	Tue	10:30-11:30 a.m.	C Grekoff	Kaiser Perm.	\$55
17318	Wed	8-9 a.m.	C Grekoff	Kaiser Perm.	\$55
17319	Wed	9:15-10:15 a.m.	C Grekoff	Kaiser Perm.	\$55
17320	Wed	10:30-11:30 a.m.	C Grekoff	Kaiser Perm.	\$55
17321	Wed	2-3 p.m.	G Keeble	Kaiser Perm.	\$55
17322	Wed	3:15-4:15 p.m.	G Keeble	Kaiser Perm.	\$55
17323	Thu	8-9 a.m.	C Grekoff	Kaiser Perm.	\$55
17324	Thu	9:15-10:15 a.m.	C Grekoff	Kaiser Perm.	\$55
17325	Thu	10:30-11:30 a.m.	C Grekoff	Kaiser Perm.	\$55
17326	Fri	8-9 a.m.	C Grekoff	Kaiser Perm.	\$55
17327	Fri	9:15-10:15 a.m.	C Grekoff	Kaiser Perm.	\$55
17328	Fri	10:30-11:30 a.m.	C Grekoff	Kaiser Perm.	\$55
17329	Fri	2-3 p.m.	G Keeble	Kaiser Perm.	\$55
17330	Fri	3:15-4:15 p.m.	G Keeble	Kaiser Perm.	\$55

Minds in Motion

\$23

Get moving with a weekly vigorous fitness class including cardio, balance, flexibility, and strength. Class will be taught with easy to follow instructions that are one to two steps long, accompanied by visual cues. Made possible with support from Áegis Living. *Register with Cayce at 206-615-0100.*

18899	Mon	2-3 p.m.	C Grekoff	Miller
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Enjoy a good workout in EnhanceFitness!

FITNESS CLASSES

Tai Chi

Tai Chi

Improve balance and posture, increase strength, and calm your mind. **NEW Monday 10:30 a.m. at Montlake, and Thursday at Miller.**

All Levels

17597	Mon	10:30-11:30 a.m.	R Friedman	Montlake	\$50
17340	Mon	11:30 a.m.-12:30 p.m.	R Friedman	Montlake	\$50
17341	Tue	10-11 a.m.	E Baxa	Queen Anne	\$55
20010	Thu	10:30-11:30 a.m.	E Baxa	Miller	\$50

Intermediate

20009	Thu	12:15-1:15 p.m.	E Baxa	Queen Anne	\$50
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"T'ai Chi Chih®, Joy Through Movement!"

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

19541	Mon	Noon-1 p.m.	L Robinson	Miller	\$45
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Come see what Tai Chi can do for you!



Yoga

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

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, poise, and peace of mind. Chair yoga is adapted for individuals with mobility challenges and is sponsored by Country Doctor Community Health Clinic.

Gentle Yoga Thursday class at Miller begins 4/11.

NEW at Queen Anne on Friday

17331	Mon	10:30-11:30 a.m.	J Robin	Miller	\$55
20109	Tue	8:15-9:15 a.m.	H Karrfalt	Montlake	\$60
17332	Tue	9:30-10:30 a.m.	H Karrfalt	Montlake	\$60
17938	Tue	1:30-2:30 p.m.	L Gardener	Miller	\$55
17418	Thu	8:15-9:15 a.m.	H Karrfalt	Montlake	\$60
17335	Thu	9:30-10:30 a.m.	H Karrfalt	Montlake	\$60
20107	Thu	9-10 a.m.	O Goodwin	Garfield	\$60
17939	Thu	1:30-2:30 p.m.	L Gardener	Miller	\$60
17600	Fri	10-11 a.m.	H Karrfalt	Queen Anne	\$60

Gentle Yoga: Drop-In

\$3 (Age 65+ \$2)

Wed	3-4 p.m.	IDCC
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Hatha Yoga

17337	Mon	10-11 a.m.	F Marazzi	Queen Anne	\$60
17338	Wed	11 a.m.-Noon	J Reed	Queen Anne	\$60

Vini Yoga

17342	Tue	11:30 a.m.-12:30 p.m.	L Dunbar	Queen Anne	\$60
17343	Fri	11 a.m.-Noon	L Dunbar	Queen Anne	\$60

RAINBOW RECREATION

Programs for LGBTQ Adults 50+

Seattle Parks and Recreation, in partnership with Generations Aging With Pride, is offering this slate of programs to our LGBTQ friends and allies as a result of community input. We are looking for ideas and instructors to strengthen our course offerings to better serve this community! Please call Cheryl at 206-615-0619, or cell 206-450-9819, for more information.



Field Trips

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

Maltby Cafe and Flower World \$20

Let's do brunch at the famous Maltby Café, and then enjoy a breath of spring at nearby Flower World. Be sure to check out the farm animals on site, and bring home a primrose! *Brunch on your own.*

17940 4/15 Mon 9:30 a.m.-2 p.m.

Spring Fling \$35

Enjoy a spring ferry ride across the sound and explore the best rhododendron display in the northwest at Whitney Gardens in Brinnon. Eat lunch at the Halfway House café, famous for their homemade pies and fresh oysters! Price includes ferry fees and garden entrance. *Lunch on your own.*

17941 5/9 Thu 9:30 a.m.-3:30 p.m.

Low and High Ropes Course \$35

Challenge yourself on the Enchantments High Ropes Course in West Seattle at Camp Long. Ropes, harnesses, helmets, and qualified leaders will help you traverse the obstacle course and feel like you have really accomplished something great. *Bring a sack lunch to enjoy after the challenge.*

17942 6/8 Thu 8:30 a.m.-12-30 p.m.

Education

Find Love at Any Age \$15

You CAN find a high quality relationship that feels good, and keeps getting better. Learn simple ways to meet like-minded singles, how to approach someone you're interested in, and de-code online dating.

17944 5/15 Wed 6-7 p.m. U Drake Miller

Writers Workshop \$10

Write for yourself or others. Prompts and examples help get you started in this small, supportive group. People with Early Stage Memory Loss welcome.

17943 Mon 10-11:30 a.m. Miller

Fitness

EnhanceFitness

See page 28 for details.

17314	Mon	3:15-4:15 p.m.	G Keeble	Kaiser Perm.	\$50
17322	Wed	3:15-4:15 p.m.	G Keeble	Kaiser Perm.	\$55
17330	Fri	3:15-4:15 p.m.	G Keeble	Kaiser Perm.	\$55

Strong by Zumba®

See page 14 for details.

15163 Thu 5-5:45 p.m. D O'Neill Loyal Heights \$50

"T'ai Chi Chih®, Joy Through Movement!"

See page 29 for details.

19541 Mon Noon-1 p.m. L Robinson Miller \$45

Gentle Yoga

See page 29 for details. *Thursday class begins 4/11.*

17938	Tue	1:30-2:30 p.m.	L Gardener	Miller	\$55
17939	Thu	1:30-2:30 p.m.	L Gardener	Miller	\$60



Have an adventure on our Low and High Ropes Course!



John Hasslinger
Southwest
Recreation Specialist

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

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 50. For accommodation requests, please call 206-386-9094.

TRIPS

Departure Site Request:

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

TRIPS

DEPARTURE SITES AND TIMES

High Point Community Center

6920 34th Ave. SW–

15 minutes before time listed.

Hiawatha Community Center

Departure at time listed on Walnut Ave. SW, east of CC, near parking area between CC and West Seattle High School.

Community center address:
2700 California Ave. SW.

SCHOLARSHIPS

The scholarship cycle runs 6/23/2018-6/2019. Apply early to have your application approved prior to spring registration on 3/5. See page 50 for details.

BACK IN MOTION

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

FIELD TRIPS

Trips depart rain or shine. Trips that involve a hike are on varied terrain, and difficulty is marked by hiking boots—see rating chart on page 42. Be prepared for wet or muddy trails with appropriate clothing and footwear. Bring snacks/lunch unless otherwise noted.

T-Mobile Field Tour—Intergenerational \$21

Kick off the season with a spectacular home tour of the Seattle Mariners. The 20-acre outdoor ballpark features real grass, a retractable roof and state-of-the-art amenities. Bring your camera and take a "behind the seams" tour of one of the premier baseball facilities ever built. View areas normally restricted to the public, including the Press Box, Owners Suite, Field, Dugouts, Visitors' Clubhouse, All-Star Club, and more. Our trip concludes with a stop at the all-famous "Pecos Pit" barbecue spot in SODO. No School this week—so bring your grandkids! Trip fee includes the tour. *Lunch is on your own.*

18295 4/11 Thu 9:30 a.m.-2:30 p.m.

Klondike Gold Rush

\$10

Catch the fever—gold fever that is! Visit Seattle's only National Park and relive the famous event that created the modern city of Seattle with a tour of the Klondike Gold Rush Museum in historic Pioneer Square. Take in a 20-minute informational video followed by a guided tour of the museum and finally, see a gold panning demonstration. *Lunch on your own in Pioneer Square before returning to West Seattle.*

18300 4/18 Thu 9:45 a.m.-2:30 p.m.

FIELD TRIPS

Cinco de Mayo at Ambakity Cocina \$10

Celebrate Cinco De Mayo with your friends at one of the hottest Mexican restaurants in the heart of South Park. This restaurant comes highly recommended on Yelp and the staff at South Park CC. Lunch prices are fair and individual checks available. *Noon meal and "Cinco Drinks" on your own.* This party will be led by Cheryl Brown.

18301 5/2 Thu 11:15 a.m.-2:30 p.m.

Alpaca Farm Tour and Boutique \$33

Yes, come meet, feed, and pet the alpacas! Experience these lovely creatures at the Tahoma Vista Fiber Mill in Yelm, WA. Get up close and learn why Alpaca fiber kicks the pants off polyester and how they turn alpaca fiber into unique, super-cool clothes, rugs, and more. The tour is followed by an opportunity to shop in the farm's boutique with a special 5% off for our group. We'll do lunch at the farm prior to the 1 p.m. tour. Tour admission is included in price. *Lunch on your own.*

18479 5/30 Thu 9:15 a.m.-5 p.m.



Meet the alpacas at the Alpaca Farm!

Nucor Steel Plant \$10

Back by popular demand from those unable to attend the last trip! Get an up close and personal rare view of molten steel being produced in this West Seattle icon spot that operates 24-hours per day! This is a highly acclaimed tour by those who've joined. Don't miss out. It's a 1-mile walk. Canes okay and stairs have railings. NOT ADA and no walkers or wheel chairs. Safety gear is provided. Wear sturdy shoes and long pants.

18870 6/7 Fri 9:45 a.m.-1:15 p.m.

Federal Reserve Bank \$18

Here's your chance to tour our nation's central bank and learn how the Fed functions. Learn cash operations, including how currency is processed and distributed. You'll then visit the American Currency Exhibit and see rare pieces of historical U.S. currency. Visitors must carry a passport, driver's license, or state-issue identification card. Walking and standing required. Walkers and canes permitted. *Lunch on your own at South Center following the 11:30 a.m. tour.*

18482 6/13 Thu 10:30 a.m.-3:15 p.m.

NATURE WALKS AND EVENTS

Discover the Wonders of an Urban, Old-Growth Forest Free

Wander among giants of the forest at West Seattle's Schmitz Park with a retired park ranger as your guide. The walk will explore the essence of the old growth forest that once covered most of the Puget Sound area. During the walk we'll learn key characteristics to aid in identifying many native trees. This is an interactive experience that encourages participation.

Meet at the Admiral Way entrance (Admiral Way and Stevens St.) and be prepared for muddy trails and possible rainy weather.

18257 5/22 Wed 10-11:30 a.m. P Pilcher Schmitz Park

Lincoln Park Explore Free

Explore this urban gem with retired park ranger, Pat Pilcher. Enjoy a scenic blend of forest and salt water beach. Learn to identify several native trees while wandering along a peaceful forest path. Meet at the South Parking lot on the corner Fauntleroy Way and SW Cloverdale Street. Be prepared for walking muddy trails and possible rainy weather. The Metro bus "C" line serves this park and meeting place with great convenience.

18258 6/4 Tue 10-11:30 a.m. P Pilcher Lincoln Park

Alki Beach Walks Free

What's better than getting exercise with views of the sound, beach and mountains? For sign up, call 206-256-5403, or email john.hasslinger@seattle.gov for more information.

17586 Fri 9:30-10:30 a.m. Alki Bathhouse

SPECIAL EVENTS

Chronic Pain and Cannabis: My Story \$5 or \$7 at the door

Find out how cannabis has had a major positive affect on the quality of my life as a senior...without getting high. Cannabis expert Richard Sowa will moderate a short Q&A session to follow for those with questions and to share information. For advance tickets, please register online or call your local community center. Space is limited.

18254 4/16 Tue 6-7:30 p.m. High Point

Mini Retreat for Caregivers \$35/2 sessions

As a caregiver to your spouse, an elderly parent or a family member, it's not uncommon to feel physically and emotionally exhausted. Have you considered learning new skills to nurture yourself and to be a healthy, more-effective caregiver for your loved one? This retreat will offer you a moment to reconnect to yourself and recharge your emotional battery.

Session 1: Understanding your emotions and recharging your emotional battery.

Session 2: Developing practical skills to regain your energy.

18083 4/26, 5/3 Fri 10-11:30 a.m. L Tsang, LMFT High Point

Oldies But Goodies Line Dance Party \$6

This is a must-go for folks who know how much fun a line dance party can be. Our very own Ms. Linda Reese will lead this special event. Come in your dancing shoes and leave with a workout and a smile. Learn and dance some of the most popular classic line dances. All registrants will receive an emailed playlist prior to the dance party. Please bring a potluck finger food to share.

18256 5/18 Sat 1:30-4 p.m. High Point

For the Love of Tea \$25/2 sessions

Brought to you in partnership with the Seattle Chinese Garden and tea expert, Chunman Gissing. "Taking this course is like going to China and back".

Session 1: Hands-on learning about tea varieties, tea ware, the merits of drinking tea, brewing and sharing tea. You will sip a variety of teas, enjoy tea inspired poetry, and learn how tea drinking is a way of life in the world.

Session 2: Participate and share in a Wu Wo Tea Gathering—brewing, serving, tasting and sharing teas. Class concludes with a special tea poetry reading and an intentional blessing.

18166 6/4, 6/11 Tue 10 a.m.-Noon C Gissing High Point

NEW Chinese Culture and Language Class

\$19/2 sessions

The depth of the Chinese culture is infinite and begging to be explored. Learn about this amazing culture, its people and some basic Chinese language to help broaden your knowledge of this mysterious, ancient and ever-changing culture.

18167 6/4 and 6/11 Tue 12:30-2 p.m. C Gissing High Point

Alki Potluck

Free

It's your home-cooking that makes this meal special. Bring your favorite dish!

17587 6/12 Wed 11 a.m.-12:30 p.m. Alki

SOCIAL PROGRAMS

Book Clubs

High Point Book Club

Free

Meets the third Thursday of each month: 4/18, 5/16, and 6/20. This is an active club seeking new members!

18085 Thu 1-2 p.m. High Point

Games

Drop-In Bridge

Free

Drop-In play for bridge players.

Mon 9:30 a.m.-Noon Delridge

Strategy Board Games

Free

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

TBD Thu 1-2:45 p.m. Delridge

Social



Morning Joe @ C&P

Free

Kick off your day with friends at arguably the most loved coffee house in West Seattle. John Hasslinger, your SW Recreation Specialist, will greet you at the door and share the finest seats in the house! Come with a topic of choice, or just come to meet someone new. *Drinks on your own.*

18086 6/6 Thu 9-10 a.m. C&P Coffee House

ARTS AND HANDWORK

Creative Writing Memoir Workshop \$50

Learn specific creative writing tips as we write together in quick, first draft 10-minute timed sessions followed by only positive feedback on what others liked best. Writing prompts will be provided to write about your life, or any other subjects you choose. Annette Peizer has taught a variety of writing courses in community and private colleges for 20 years and has recently been trained in a gentle approach to writing involving supportive feedback. *Class begins 4/11.*

17949 Thu 11 a.m.-Noon A Peizer Delridge



Always wanted to write your memoirs but had trouble starting? Come to our Creative Writing Memoir Workshop!

Piano Lessons at High Point \$22/half hour

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

LIFELONG LEARNING

Aging Mastery Program \$15/10 sessions

Aging Mastery is a program developed by the National Council on Aging and is a fun, innovative and person-centered program that empowers participants to develop their own plan for aging well. In this 10-week comprehensive program experts in their fields will help you focus on key aspects of health, finance, relationships, personal growth, and community involvement. Limited space available! *No class 5/25 and 6/5.*

18250 Wed 10-11:30 a.m. High Point

Stroke Awareness/Hands-Only CPR Free

Learn about hands-only CPR and how to recognize the signs of a stroke. Brought to you by King County EMS.

18089 5/14 Tue 6-7 p.m. High Point

Financial Empowerment Series— Presented by BECU Investment Services

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



BECU 10 Most Important Retirement Questions

Free

Whether you are planning your retirement, nearing retirement, or are already retired, learn the answers you need to know to the most common questions. Presented by BECU Investment Services, with no sales pitch!

18252 6/18 Tue 6-7 p.m. High Point

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

Not NCUA/ NCUSIF Insured	Not Credit Union Guaranteed	May Lose Value	Not Obligations of BECU
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Delridge Rec Tech

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

VOLUNTEER

Volunteer with US! Seattle Parks and Recreation relies on your volunteer support to lead many programs for youth and families. We're currently seeking track and volleyball coaches, social networking enthusiasts and helpers for our annual Egg Hunts on Thu 4/18 and Sat 4/20. If you're interested in sharing your time and your skills with others, please contact john.hasslinger@seattle.gov.

DROP-IN SPORTS

Drop-In Pickleball

All Levels

Mon	9:30-11:30 a.m.	Free	Delridge
Mon	10-11 a.m.		High Point
Mon	6-8 p.m. (starts 4/8)		High Point
M/W/F	10 a.m.-1:30 p.m.		South Park
T/Th	Noon-2 p.m. (closed 4/11)		Delridge
Wed	10 a.m.-Noon		Delridge
Wed	10 a.m.-Noon		High Point
Fri	10 a.m.-Noon		Hiawatha

Drop-In Table Tennis

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

T/Th	10 a.m.-Noon	Free	Delridge
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Pickleball Skills

\$22

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

18087	Mon	11 a.m.-12:30 p.m.	M Anderson	High Point
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Pickleball Skills and Drills

\$22

Come see why pickleball is the fastest growing sport in America. It's great for the mind, body, and for making connections with fun people. Each session includes dedicated practice and drills to improve skills like dinking, lobbing, and serving. You'll then have a chance to put those new skills to use in open play. New students and intermediates welcome—no equipment required. *11 classes begin 4/9, no class 4/2.*

17594	Tue	10:30 a.m.-Noon	TBD	South Park
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Come work out in our fitness classes!

FITNESS

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

Aerobics and Dance

Line Dance

Work out with your mind and body. Learn new dance patterns to all kinds of great music. *Classes begin 4/9.*

All Levels

17464	Tue	10:15-11:15 a.m.	L Reese	Hiawatha	\$50
17466	Tue	6:30-7:30 p.m.	L Reese	Alki	\$50

Advanced Beginner

17465	Tue	9:30-10:15 a.m.	L Reese	Hiawatha	\$40
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Nia Dance Fitness

\$60

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

17953	Tue	10:30-11:30 a.m.	N Scher	Delridge
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Tap Dance

\$50

A mixed level adult tap dance class to improve your tap knowledge, physical stamina, and mental prowess. *10 classes run 4/11-6/13.*

18091	Thu	12:30-1:30 p.m.	K Kingery	High Point
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Whole Body Adult Fitness

\$55

We'll do easy aerobics for our hearts to great music in this fun, full-body fitness class! Classes improve balance, incorporate your own-level weight training, and always stretching to finish. After class we'll choose a place to have coffee or your favorite beverage.

18092	Fri	9:30-10:30 a.m.	K Kirkwood	High Point
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Zumba Gold

Ditch the workout, join the party! Fun is the key ingredient to this low impact Latin inspired dance fitness class. No rhythm required. Try a class and leave happy! *Thursday class begins 4/11.*

17590	Mon	10-11 a.m.	M Jorgensen	Alki	\$50
17591	Tue	10-11 a.m.	M Jorgensen	Alki	\$55
17956	Thu	10-11 a.m.	M Jorgensen	Delridge	\$50

Strength and Conditioning

Fitness at Alki

\$50

Build total body muscle strength utilizing dynabands, free weights, and floor work. Improve balance, flexibility, and agility. *Bring weights to class. No class 6/19.*

17588	Wed	10-11 a.m.	M Dalzell	Alki
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FITNESS

Tai Chi and Qigong

Tai Chi and Qigong—Introduction \$50

Learn qigong moves, along with the beginning steps of the first third of the Yang style short form as taught in the lineage of Master Cheng Man Chi'ing. This is a gentle form of tai chi aimed at improving health and the circulation of energy (chi) by relaxing the body and mind. Movements are slow and fluid, and help restore balance, stability, ease of movement, and alignment. *Class begins 4/11.*

17955 Thu 1:15-2:15 p.m. A Peizer Delridge

Tai Chi and Qigong—Returning Students \$50

This is a continuation course for students who have taken the first tai chi and qigong class with Annette. *Class begins 4/11.*

17954 Thu 12:15-1:15 p.m. A Peizer Delridge



Work on your balance, stress relief, and energy cultivation in our Tai Chi class.

Tai Chi Level 1 \$50

Learn Tai Chi in a supportive, gentle class. Tai Chi promotes balance, stress relief, and energy cultivation. Learn basic principles and sequence of moves for the first third of the yang style short form.

18090 Mon 11:30 a.m.-12:30 p.m. H Dickinson High Point

Tai Chi Level 2 \$50

For students who have completed the Level 1 Tai Chi at High Point.

18080 Mon 10-11 a.m. H Dickinson High Point

Yoga

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

Gentle Yoga \$60

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

17952	Tue	9:15-10:15 a.m.	J Reed	Delridge
18084	Fri	11 a.m.-Noon	J Reed	High Point



Gentle yoga is a great way to improve your flexibility, balance, posture, and peace of mind.



Anne Nguyen
Southeast
Recreation Specialist

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

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 50. For accommodation requests, please call 206-386-9094.

TRIPS

Departure Site Request:

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

TRIPS

DEPARTURE SITES AND TIMES

Yesler Community Center

917 E Yesler Way–
30 minutes before time listed.

Rainier Community Center

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

Jefferson Community Center

3801 Beacon Ave. S–
at listed time.

Rainier Beach Community Center and Pool

8825 Rainier Ave. S–
May be available upon request, call for time.

SCHOLARSHIPS

The scholarship cycle runs 6/23/2018-6/2019. Apply early to have your application approved prior to spring registration on 3/5. See page 50 for details.

FIELD TRIPS

Trips depart rain or shine. Trips that involve a hike are on varied terrain, and difficulty is marked by hiking boots-see rating chart on page 42. Be prepared for wet or muddy trails with appropriate clothing and footwear. Bring snacks/lunch unless otherwise noted.

Chihuly Garden and Glass

\$24

Wander through the garden, glasshouse, and interior exhibits showcasing the studio glass of contemporary artist Dale Chihuly. Free passes will be available to cover admission. *Lunch on your own at the Armory featuring a wide variety of restaurant options.*

18672 4/5 Fri 10 a.m.-2:30 p.m.

Tulip Festival

\$35

Visit the breathtaking multicolored tulip gardens at Roozengaarde then stop at Snow Goose Produce. Admission to Roozengaarde included. Walkways and paths are wheelchair accessible. *Lunch on your own; tables are available for picnic lunches.*

18232 4/12 Fri 9 a.m.-4 p.m.

Olympic Game Farm

\$68

If you love animals, Olympic Game Farm is the place for you. After the ferry ride to Bainbridge Island, you will experience a drive-through wildlife exhibit, where animals will come up right to your vehicle! The majority of animals are wildlife native to the Northwest region. Animals can be fed whole wheat bread, available for purchase (cash only). *Lunch on your own.*

18230 5/3 Fri 7:30 a.m.-5 p.m.

Meeker Mansion and Antiques

\$45

The Meeker Mansion, an American bracketed villa, is one of Puyallup's most significant and historic places. The Puyallup Historical Society will lead you on a historical tour of the mansion, as well as detail aspects of the Puyallup Valley and its links to the Oregon Trail. Lunch is included and features sandwiches, tarts, bread, and tea. Afterwards, spend time to explore and shop Puyallup's antique district. *Register by 4/30.*

18228 5/17 Fri 9:30 a.m.-4 p.m.

FIELD TRIPS

Feast Buffet and Thrift Shopping \$28

The locally famous Feast Buffet features an all you can eat experience with cuisines from around the world. Buffet lunch and gratuity included. Afterwards flex your shopping muscles at St. Vincent de Paul and Goodwill Renton thrift stores.

18231 5/31 Fri 10:30 a.m.-4 p.m.

Vashon Sheepdog Classic \$45

The Vashon Sheepdog Classic is held on the breathtaking, rolling meadows of Misty Isle Farms on Vashon Island. Observe the intelligence and agility of border collies as they compete in sheep herding. Interactive activities include rug hooking, yarn arts, spinning, and a sheep shearing demo! *Bring chairs and outdoor attire. Lunch on your own. Most vendors accept cash only. Register by March 30.*

18229 6/7 Fri 8 a.m.-5 p.m.

Kubota Garden and Picnic \$18

A stunning twenty acres of hills and valleys, the Kubota Garden features streams, waterfalls, ponds, rock outcroppings and an exceptionally rich and mature collection of plant material. This unique urban refuge displays over sixty years of vision, effort and commitment by the Kubota family. Take a guided tour followed by an Asian themed picnic lunch. Wear comfortable walking shoes. Cash donations are accepted at the entrance.

18234 6/21 Fri 10:30 a.m.-2:30 p.m.

SOCIAL PROGRAMS

Lunch Programs

Food and Fitness: East African

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

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

Games

Drop-In Bridge Free

Drop-In play for bridge players.

Wed	11 a.m.-2 p.m.	Rainier
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Drop-In Mah Jongg Free

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

Thu	11 a.m.-2 p.m.	Rainier
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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: 4/25, 5/23, and 6/27.

Thu	7-9 p.m.	Jefferson
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ARTS AND HANDWORK

Needle Art Circle Free

Thu	Noon-3 p.m.	Jefferson
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Quilting Free

Fri	11 a.m.-2 p.m.	Jefferson
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LIFELONG LEARNING

Medicare and Medicaid Free

Looking for a fun, no-pressure way to learn about Medicare and Medicaid? Join us for a short but informative session with plenty of time for questions and answers.

19328	4/16	Tue	10:30-11:30 a.m.	Rainier
19330	5/14	Tue	10:30-11:30 a.m.	Rainier
19331	6/11	Tue	10:30-11:30 a.m.	Rainier

Stroke Awareness/Hands-Only CPR Free

Learn about hands-only CPR and how to recognize the signs of a stroke. Brought to you by King County EMS.

18236	5/10	Fri	11 a.m.-Noon	Rainier
19325	6/7	Fri	11 a.m.-Noon	Rainier

Rainier Rec Tech

For more information about Rainier Rec Tech programs contact Jonathan Porter at 206-386-1919 or jonathan.porter@seattle.gov.

Multi Facilitated Lab Free

Learn the basics or improve your knowledge of computers, smartphones, tablets, the internet, email, social media, etc. Become more productive in MS Word, Excel, Power Point, Adobe Reader, Photoshop, and more. We offer one-on-one training, personalized tech support, free internet, and printing.

Mon-Fri	Noon-3 p.m.
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Rainier Beach Rec Tech

For more information about Rainier Beach Rec Tech programs contact Nhon "Young" Pham at 206-470-9115 or nhon.pham@seattle.gov.

50+ MultiTech Space Free

Learn online business technology tools for real estate rental properties, search and complete job applications, 3D design your next home, and more.

Mon-Fri	11 a.m.-Noon
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Yesler Rec Tech

For more information about Yesler Rec Tech programs contact Asfaha Lemlem at 206-615-1579 or asfaha.lemlem@seattle.gov.

Drop-In Computer Basics Free
Bring your computer related questions and learn basic computer skills, how to access internet, email and how to enroll in low cost internet service. One-on-one assistance available.

Mon/Thu 10:30 a.m.-12:30 p.m.

ESL Basic Computer Skills Class Free
The course covers basic English such as writing, completing applications and building simple English structure. Learn to utilize computers and online resources to learn English.

Tue/Thu 4-6 p.m.

ESL Citizenship Through Naturalization Free
Becoming a citizen in your new country is a great step. As a citizen, you can vote in national elections and contribute to your community. This class will prepare you for the US citizenship test.

Tue/Thu 4-6 p.m.

Open Lab Free
Drop-in for one-on-one help, tech support, and more!

Mon-Fri 2:30-4 p.m.

DROP-IN SPORTS

Drop-In Pickleball Free
All Levels
T/Th 10 a.m.-1 p.m. Rainier
Tue 12:30-2:30 p.m. Yesler
W/F 10 a.m.-Noon Van Asselt
Thu 10 a.m.-Noon Yesler

Competitive
Mon 10 a.m.-Noon Jefferson

Pickleball Skills \$25
Learn the basics of this popular sport, or brush up on your skills. This class is designed for beginning or intermediate players.

18243 Mon 8:30-10 a.m. M Anderson Rainier

FITNESS CLASSES

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

Aerobics and Dance

Ballroom Dance \$22
This class is for beginner level social dancers. In this 5-week session you will learn how to cha-cha. Partners not necessary! The instructor Moliza is an award winning ballroom dance performer who speaks fluent English, Cantonese and Mandarin. *Class runs 4/2-4/30.*

18210 Tue 2-3 p.m. M Wong Van Asselt

Iso-Rhythmic Conditioning and Dance \$55
Experience full body conditioning, well-being and body awareness using music, memories and movement inspired by Joseph Pilates' breathing technique and Katherine Dunham's joint isolation technique.

18238 Wed 1-2 p.m. E Daigre Jefferson

Line Dance
Work out with your mind and body. Learn new dance patterns to all kinds of great music. *Thursday classes run 4/11-6/20, no class 6/13.*

Beginner
18241 Thu 11:30 a.m.-12:30 p.m. L Reese Van Asselt \$45

Advanced-Beginner
18240 Thu 12:30-1 p.m. L Reese Van Asselt \$23
18239 Fri 10-11 a.m. M Chen Jefferson \$50

Intermediate
18242 Thu 1-2 p.m. L Reese Van Asselt \$45

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

18248 Mon 11 a.m.-Noon C House Jefferson \$50
18249 Fri 11 a.m.-Noon C House Jefferson \$55



FITNESS CLASSES

Strength and Conditioning

Circuit Training \$50

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

18213 Mon 8-9 a.m. Y Long Rainier

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. *Free to Kaiser Permanente members with Part B Medicare coverage. Register in person or over the phone for all enhance fitness classes. Online registration is not available for KP members or Silver and Fit members, please register in person or over the phone.*

18225	Mon	9:15-10:15 a.m.	Y Long	Rainier	\$55
18226	Wed	9:15-10:15 a.m.	Y Long	Rainier	\$60
18227	Fri	9:15-10:15 a.m.	V Bowles	Rainier	\$60



Energize yourself in one of our fitness classes!

Tai Chi

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

All Levels

18244 Tue 12:30-1:30 p.m. E Baxa Yesler \$55

Drop-In Tai Chi at Rainier Beach

\$3

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



Yoga improves balance, flexibility, posture, and peace of mind!

Yoga

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

NEW Gentle Yoga

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, poise, and peace of mind. *Thursday class runs 4/11-6/20.*

Beginner

20282	Tue	Noon-1 p.m.	M McFadden	Rainier	\$60
19667	Wed	11:30 a.m.-12:30 p.m.	D Williams	Rainier	\$60
20283	Thu	Noon-1 p.m.	M McFadden	Rainier	\$55

NEW Vinyasa Yoga

\$60

Explore a meditative and expressive full body flow through the postures of Vinyasa yoga. Adjustments and modifications available. This class is core-building and will work every muscle through movement and breath at a rigorous pace while flowing. A slower pace will be used for floor poses with the intention of creating a still mind.

Intermediate

19665 Fri 6:30-7:30 p.m. T Cook Jefferson



Tamara Keefe
Sound Steps
Program Coordinator

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



Stay Connected!

- Visit [http://www.seattle.gov/parks/find/sound-steps-\(50\)](http://www.seattle.gov/parks/find/sound-steps-(50)) to receive Sound Steps e-newsletter.
- Visit the Sound Steps blog at seattlesoundsteps.wordpress.com for Strider walk locations.

Sound Steps is a community-driven walking program designed for all levels of walkers. Whether you are just starting out, or have already walked marathons, there is a group for you!

Please register quarterly for all programs using the barcode provided. See page 50 for registration information.

Hike Rating Legend

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

Moderate - some hills; exposed roots and rocks possible

Challenging - some difficult terrain; hills or stairs

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

SCHOLARSHIPS

The scholarship cycle runs 6/23/2018-6/2019. Apply early to have your application approved prior to spring registration on 3/5. See page 50 for details.

HIKES AND TRIPS

Enjoy the great outdoors! Two regular departure sites:

SOUTHEND: Jefferson Community Center

NORTHEND: 8061 Densmore Ave. N

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

Big Finn Hill Hike \$18
Full of Douglas-firs, ferns and bright green mosses, the meandering trails offer possibilities to spot eagles, deer and owls. A variety of route options on 9.5 miles of trails, with 100 feet of elevation gain. Return: 2:30 p.m.

18456	4/1	Mon	Jefferson CC:	9 a.m.
			Densmore:	9:30 a.m.

Kubota Garden Hike \$10
Fujitaro Kubota was a horticultural pioneer when he began merging Japanese design techniques with North American materials in his display garden in 1927. Discover signs of Spring in the 20-acre garden of hills and valleys, interlaced with streams, waterfalls, ponds, and bridges. Plenty of time for a contemplative walk or a sketch. Return: 2 p.m.

18446	5/6	Mon	Densmore:	9 a.m.
			Jefferson CC:	9:30 a.m.

Margaret's Way Hike \$21
A delightful 5.5 mile forest hike along wooded hillsides near rushing creeks, on the west side of Squak Mountain. 1500 feet of elevation gain. Return: 4 p.m.

18444	6/3	Mon	Densmore:	9 a.m.
			Jefferson CC:	9:30 a.m.

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

SPECIAL WALKS

NEW Scenic Strollers

Enjoy shorter walks at a casual pace? Join in for this series of three walks exploring from Montlake Community Center: Foster Island 4/13, Portage Bay 4/27, and Union Bay 5/11. 3 to 4 miles, some hills, none steep. Meet by the bleachers near the playfield next to Montlake Community Center. Bring your lunch, if you like, to eat in the park with others afterward.

19005 Sat 9:30 a.m.-Noon Montlake CC

Strider's 3-Day Walk

Covering about 10 miles per day, this year's routes will be in Seattle proper on 4/30, 5/1 and 5/2. Join for one day, or all three! Look for details in the Sound Steps e-newsletter, and through the blog and Strider email lists.



Ship Canal Sound Steps Walk

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

18971 6/10 Mon 9 a.m.-Noon Ship Canal



WEEKLY WALKS - NORTH

Ballard Sound Steps Walk

Enjoy varied marine activity along the Lake Washington Ship Canal including tugs, barges, sail boats, cabin cruisers and crew boats as well as Canada Geese, Great Blue Heron, and other birds. Three miles, flat, paved Burke-Gilman Trail. Moderate pace. Meet at the Ballard Fred Meyer main entrance, 915 NW 45th St.

18442 Mon 9:30-10:30 a.m. 915 NW 45th St.

Carkeek Park Sound Steps Walk

Natural surface forest trails with some hills and occasional forays through neighborhood streets. Three miles, moderate pace. Meet at Eddie McAbee entrance, NW 100th and 6th Ave. NW.

18443 Wed 10-11:30 a.m. NW 100th and 6th Ave. NW

Green Lake Loop Sound Steps Walk

Walk around the lake at a gentle or moderate pace. Hosted by the Wallingford Community Senior Center. Meet in front of Green Lake Church, 6350 E Green Lake Way N. RSVP to WCSC 206-461-7825.

18447 Fri 1:30-2:30 p.m. 6350 E Green Lake Way N

Magnuson Park Sound Steps Walk

All ages welcome! Explore the sights and sounds of Magnuson Park. Varied terrain and flexible pace and distance. Meet outside Sand Point Tennis Center entrance, 7135 Sports Field Drive NE.

18449 Sun 10-11 a.m. 7135 Sportsfield Dr. NE

Northgate Mall Sound Steps Walk

Take steps toward a healthier you! Designed for beginner walkers, and those using mobility aids or with mobility challenges. Meet at the Northgate Mall food court, located near the south entrance. Phone volunteer walk leader Patty for more information 206-365-6691.

18452 Sat 9-10 a.m. Northgate Mall Food Court

North Greenwood Sound Steps Walk

Three miles, moderate pace, some hills, natural surface forest trails in Llandover Woods greenspace. Meet at Diva Espresso, 14419 Greenwood Ave. N. Call Nancy for more information 206-851-6860.

18450 Mon 9:30-10:30 a.m. 14419 Greenwood Ave. N

Senior Zoo Walkers Sound Steps Walk

\$20/13 wks

Woodland Park Zoo, Kaiser Permanente, and Seattle Parks and Recreation invite you to join Senior Zoo Walkers, a walking program at the zoo to promote fitness and well being among older adults. Spend time in a beautiful setting, and learn more about the natural world, while taking care of your health. Warm-up at 9:15 a.m. Register online: <http://www.zoo.org/seniorzooowalkers>. Meet at Woodland Park Zoo, south entrance at N 50th and Fremont Ave. N.

Tue/Thu 9:15-11 a.m. N 50th St. and Fremont Ave. N

WEEKLY WALKS - CENTRAL

Discovery Park Sound Steps Walk

Natural surface trails with some hills and Puget Sound views. 2.8 miles. Moderate pace. Meet at the Visitor Center.

18445 Fri 10-11 a.m. 3801 Discovery Park Blvd.

Pike Place Market Sound Steps Walk

Three miles, flat, paved, with waterfront views. At your own pace. Meet at the Market Commons, 1901 Western Ave., just south of Victor Steinbruck Park.

18453 Thu 10:15-11 a.m. 1901 Western Ave.

NEW Seward Park Sound Steps Walk

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

18958 Fri 9:30-11:15 a.m. 5900 Lake Washington Blvd. S

Register online at www.seattle.gov/parks

WEEKLY WALKS - SOUTH/WEST

Lincoln Park Sound Steps Walk

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

18448 Mon 10-11:15 a.m. 8011 Fauntleroy Way SW

Rainier Beach Sound Steps Walk

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

18454 Tue/Wed 10-11 a.m. Rainier Beach CC

NEW Roxhill Park Sound Steps Walk

Join the Roxhill Park Champions for a walk on the Longfellow Creek Trail, through Roxhill Park, on a .5-mile loop—stop there or continue on for another loop for 1 mile total. Roxhill Park and the wetlands require regular attention to help the wildlife and plant life to thrive. Help keep the park and trails clean as we walk—bring gloves and/or trash bags (optional). Meet in the parking lot, near the restrooms.

18957 Fri 9-10 a.m. 29th Ave. SW entrance



SOUND STRIDERS

Enjoy faster, longer walks?

Five to six mile, moderately paced weekly walks. Explore different Seattle neighborhoods. Meet at 8 a.m. for coffee; walk begins at 8:30 a.m. View Weekly Walking Groups, Sound Striders on the blog seattlesoundsteps.wordpress.com or call 206-684-4664 for current location information.

NORTH Striders Sound Steps Walk

18451 Tue

SOUTH Striders Sound Steps Walk

18457 Thu



Cayce Cheairs
Dementia-Friendly
Recreation Specialist

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

Working with community partners, we offer a variety of dementia-friendly recreation programs designed for and celebrating the strengths of people living with memory loss. Many of these programs have been inspired by and developed through community input. We welcome your ideas and feedback!

Most of our programs are geared toward those living with early stage memory loss, unless otherwise noted. One care partner per participant is welcome for no additional charge.

For more information or to register, contact Cayce Cheairs, or the contact person noted in the description.

Receive monthly updates!

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

SPECIAL EVENTS

Momentia Talent Share

Free

Celebrate community, creativity, and the strengths and talents of community members living with memory loss at the 6th Annual Momentia Talent Share. Enjoy artwork, creative performances, door prizes, and tasty refreshments provided by With A Little Help Homecare. Offered in partnership with Taproot Theatre. No registration required to attend. Contact Cayce by 3/25 to perform or display art.

4/6

Sat

2-4 p.m.

Northgate CC

FITNESS

Minds In Motion

\$23

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

Mon

2-3 p.m.

C Grekoff

Miller CC

Momentia photo courtesy of Paul Zimmerman.



OUTDOOR RECREATION

Garden Discovery Walks

Free

Savor the season with relaxed-paced walks through public gardens, followed by a creative, nature-inspired activity led by a registered horticulture therapist. Light refreshments provided. Offered in partnership with UW Memory and Brain Wellness Center, with support from Family Resource Home Care.

1st Fri of the month

10 a.m.-Noon

Various Locations



Celebrate spring with Arts in the Park!

Out and About Walks

Free

Invigorate body, brain, and spirit with two to three 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. *Registration required, contact Cayce for more information.*

2nd and 4th Fri of the month

10 a.m.-12:30 p.m.

Various Locations

Early Stage Memory Loss Zoo Walk

Free

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

Mon/Wed mornings

9:30 a.m.-Noon

Woodland Park Zoo

MOMENTIA SEATTLE

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

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

CREATIVE ENGAGEMENT

Arts in the Park

\$20

Engage with art and nature in community! A skilled Elderwise facilitator leads this 3-session series open to persons living with early to mid-stage dementia and care partners. Each 2-hour session includes time to explore the garden, light refreshments, and a guided painting experience inspired by the Japanese Garden. No artistic experience necessary; all materials provided. Morning or afternoon session, one series per participant. Space is limited. Register by 4/29. Offered in partnership with Elderwise, sponsored by Careforce.

Location: Japanese Garden, Tateuchi Community Room.

5/7-5/21

Tue

10 a.m.-Noon

5/7-5/21

Tue

1:30-3:30 p.m.

SOCIAL PROGRAMS

NEW Lake City Momentia Meet-Ups

Free

Laugh, create, and connect at this inclusive, memory-friendly opportunity for the whole community. Featuring different activities each month including improv, music, art, and movement. No registration required. Offered in partnership with Lake City Seniors-Sound Generations and Sea Mar Latino Seniors Program.

4/19, 5/17, 6/14

Third Fridays

1-2:30 p.m.

Lake City CC

Momentia Mondays

Free

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

Location: SESSC, 4655 S Holly St.

Mon

10:30-11:30 a.m.

West Seattle Momentia Mix

Free

Explore, create, and connect the third Saturday each month in West Seattle. Enjoy socializing, light refreshments, and rotating activities, such as music, movement, improv, and art. No registration required. Offered by the West Seattle Momentia Group with support from Providence Mount St. Vincent, Quail Park of West Seattle, Senior Center of West Seattle, Merrill Gardens of Burien, and Patano Studio Architecture.

4/20 and 5/18

3rd Sat of the month 10:30 a.m.-Noon

Location: Camp Long Environmental Learning Center

6/15

3rd Sat of the month 10:30 a.m.-Noon

Location: Senior Center of West Seattle, 4217 SW Oregon St.

DOG WALKS

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

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



Photo courtesy of Wade Lambert.

Volunteer Park/North Capital Hill

Meet at the Seattle Asian Art Museum, 1247 15th Ave. E.

4/9 Tue 11 a.m.

Washington Park Arboretum

Meet at the Japanese Garden, 1075 Lake Wa. Blvd. E.

4/23 Tue 11 a.m.

Magnuson Park

Meet at Magnuson CC, 7110 62nd Ave. NE.

5/7 Tue 11 a.m.

Seward Park

Meet at the ELC, 5920 Lake Washington Blvd. S.

5/21 Tue 11 a.m.

Ship Canal Trail/Fremont Art Installations

Meet at Indoor Sun Shoppe, 160 N Canal St.
(34th and Phinney)

6/4 Tue 11 a.m.

Magnolia's Scenic Boulevard

Meet at Starbuck's Magnolia Village, 3300 W McGraw St.

6/18 Tue 11 a.m.

EVENT

*Seattle Parks & Recreation, Seattle Credit Union, and The Seattle Public Library present a **free workshop***

IDENTITY THEFT SOLUTIONS

Identity theft is becoming more common and sophisticated than ever. Session participants will learn the methods that identity thieves use to access confidential information, tools for preventing ID theft, and steps to take should identity theft occur.

University Library

April 5, 2019
Noon-1 p.m.

Greenwood Library

April 7, 2019
1-2 p.m.

Northeast Library

April 15, 2019
6:30-7:30 p.m.

Central Library

April 20, 2019
Noon-1 p.m.

No registration or RSVP required; all materials provided.
All sessions at Seattle Public Library locations.



Seattle
Parks & Recreation



Volunteers Needed for SOUND STEPS

Enjoy walking and building community? Want to support neighbors in maintaining or improving health? Volunteer with Sound Steps to support our walk programs, or help build new ones!

Contact Tamara at 206-684-4664.



Longtime volunteer walk leader Robert (left), and more helpful Sound Step participants.



Lifelong Recreation Advisory Council

You Can Make a Difference!

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

Your Advisory Council

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

Join Us!

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

If you'd like to get involved, please 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.

VOLUNTEER OPPORTUNITIES

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



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

COMMUNITY RESOURCES

Age Friendly Coffee Hours

Each Age Friendly Coffee Hour is free and brings 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, from 10-11 a.m., in the Central Building Conference Room, on the 1st floor at 810-3rd Ave. (between Columbia and Marion St).

Speakers are TBA. Call 206-684-0500 with questions, or email agefriendly@seattle.gov.



Age Friendly Seattle

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

What is an age-friendly city?

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



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

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



Are you facing aging or disability issues?

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



SENIOR CENTERS AND PROGRAMS FOR SENIORS

About...Senior Centers!

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



Center/Program Locations

Ballard NW Senior Center

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

Central Area Senior Center

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

Club Bamboo

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

El Centro de la Raza

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

Ethiopian Community Center

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

Generations Aging With Pride

206-495-8312 / gapseattle.org

Greenwood Senior Center

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

International Drop-In Center

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

Kin On Community Center

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

Lake City Community Center

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

Pike Place Senior Center

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

Sea Mar Latino Senior Nutrition and Outreach Program

Various Locations
206-764-4700 / seamar.org

Salvation Army Senior Center/White Center

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

Southeast Seattle Senior Center

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

South Park Senior Center

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

Sunshine Garden Chinese Senior Community Center

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

Wallingford Community Senior Center

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

West Seattle Senior Center

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

REGISTRATION



FIRST CHOICE

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



SECOND CHOICE

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



THIRD CHOICE

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



FOURTH CHOICE

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

Parks Management and Professional Staff

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

Parks Management

Christopher Williams, Acting Superintendent

Justin Cutler, Director of Recreation

Brenda Kramer, Manager Lifelong Recreation Programs

Professional Staff

Cheryl Brown, Recreation Program Coordinator, 206-615-0619

Dena Schuler, Management Systems Analyst, 206-615-1884

Linda Guzzo, Administrative Specialist, 206-684-4951

SCHOLARSHIP INFORMATION

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

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



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.

Wait Lists

We will create wait 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. If you cannot attend a class or trip you are registered for, your spot will be given to the first person on the wait list.

Anti-discrimination

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

Accommodation for People with Disabilities

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

Specialized Programs

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

More Information

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

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

DISCLAIMER NOTE

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

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



Seattle Parks & Recreation

healthy people healthy environment strong communities

Lifelong Recreation

4554 NE 41st Street
Seattle, WA 98105

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VISIT TROPICAL COSTA RICA

Join Seattle Parks & Recreation and Collette Travel on Wed April 3 for an informational session at Northgate Community Center at 2 p.m. Call Cheryl at 206-615-0619 for more information.

- Enjoy the breathtaking scenery surrounding Arenal Volcano.
- Spot indigenous wildlife while on a riverboat cruise.
- View stunning waterfalls, endless coastlines, and lush forests.
- Visit one of the worlds largest butterfly gardens, a hummingbird gallery, a cloud forest, a coffee plantation, and spend a day at the beach.
- Optional is a walking tour over hanging bridges, or an exhilarating ride on one of the longest canopy zip line tours in Costa Rica.