



Seattle  
Parks & Recreation

# RAINBOW RECREATION

PROGRAMS  
FOR LGBTQ  
ADULTS 50+

## SPRING 2019 PROGRAMS

### CLASSES RUN APRIL 1 through JUNE 23

**Pre-registration required for all events. You can pre-register for classes by:**

1. Visiting [www.seattle.gov/parks](http://www.seattle.gov/parks); click on "Register for Classes and Programs" and follow online instructions.
2. Call your local community center, give them the six-digit bar code listed with the program, and provide payment and contact information.

**Questions? Concerns? Ideas?**

**Contact Cheryl Brown at 206-615-0619 for more information.**

## FIELD TRIPS

### LGBTQ Trips...

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

### Maltby Cafe and Flower World

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      Mon      4/15      \$20      9:30 a.m.-2 p.m.

### Spring Fling

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      Thu      5/9      \$35  
9:30 a.m.-3-30 p.m.

### Low and High Ropes Course

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      Thu      6/8      \$35  
8:30 a.m.-12 p.m.



More program information on back ➡



### All Gender Swim At Medgar Evers Pool Saturday, June 15 from 3-5 p.m.

Entrance is \$2, with reduced fee available by request.

Call 206-684-4766 for more information or go to  
<https://www.seattle.gov/parks/find/pools/evers-pool>

## FITNESS

### T'ai Chi Chih®

#### Joy Through Movement!

T'ai Chi Chih® is a slow moving meditative routine of 19 moves and 1 pose. Reduce stress, improve balance, flexibility and stamina, increase energy and well-being.

Instructor: Linda Robinson

Location: Miller CC

#19541 Mon Noon-1 p.m. \$45

#### Drop-In Volleyball

Location: Miller CC

Mon 6-8 p.m. FREE

#### 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.

Location: Loyal Heights

#15163 Thu 5-5:45 p.m. \$50

#### Gentle Yoga

Stretch your muscles and gain strength, flexibility and balance as well as improve relaxation in this gentle yoga class for all fitness levels. Chair seated participants are welcome. Instructor: Laura Gardener

Location: Miller CC

#10923 Tue 1:30-2:30 p.m. \$55  
(no class 5/21)

#10925 Thu 1:30-2:30 p.m. \$60  
(no class 5/23)

## EDUCATION

### Writers Workshop

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

Location: Miller CC

#17943 Mon 10-11:30 a.m. \$10



### Find Love at Any Age

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.

Location: Montlake CC

#17944 Wed 5/15 6-7 p.m.  
FREE

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

and click on "Register for Classes and Programs", or visit or call your local community center.

## PROGRAM LOCATIONS

#### LOYAL HEIGHTS

##### COMMUNITY CENTER:

2101 NW 77th St.  
Seattle, WA 98117

##### MILLER COMMUNITY CENTER:

330 19th Ave. E  
Seattle, WA 98112

#### NORTHGATE NORDSTROMS RACK:

401 NE Northgate Way, #304  
Seattle, WA 98125

#### MONTLAKE COMMUNITY CENTER:

1618 E Calhoun St  
Seattle, WA 98112



**Seattle**  
Parks & Recreation

healthy people healthy environment strong communities



**Generations**  
Aging & Pride  
Your Resource for LGBTQ Aging  
[www.parksseattle.org](http://www.parksseattle.org)